

THE  
AMERICAN  
PASTRY COOK

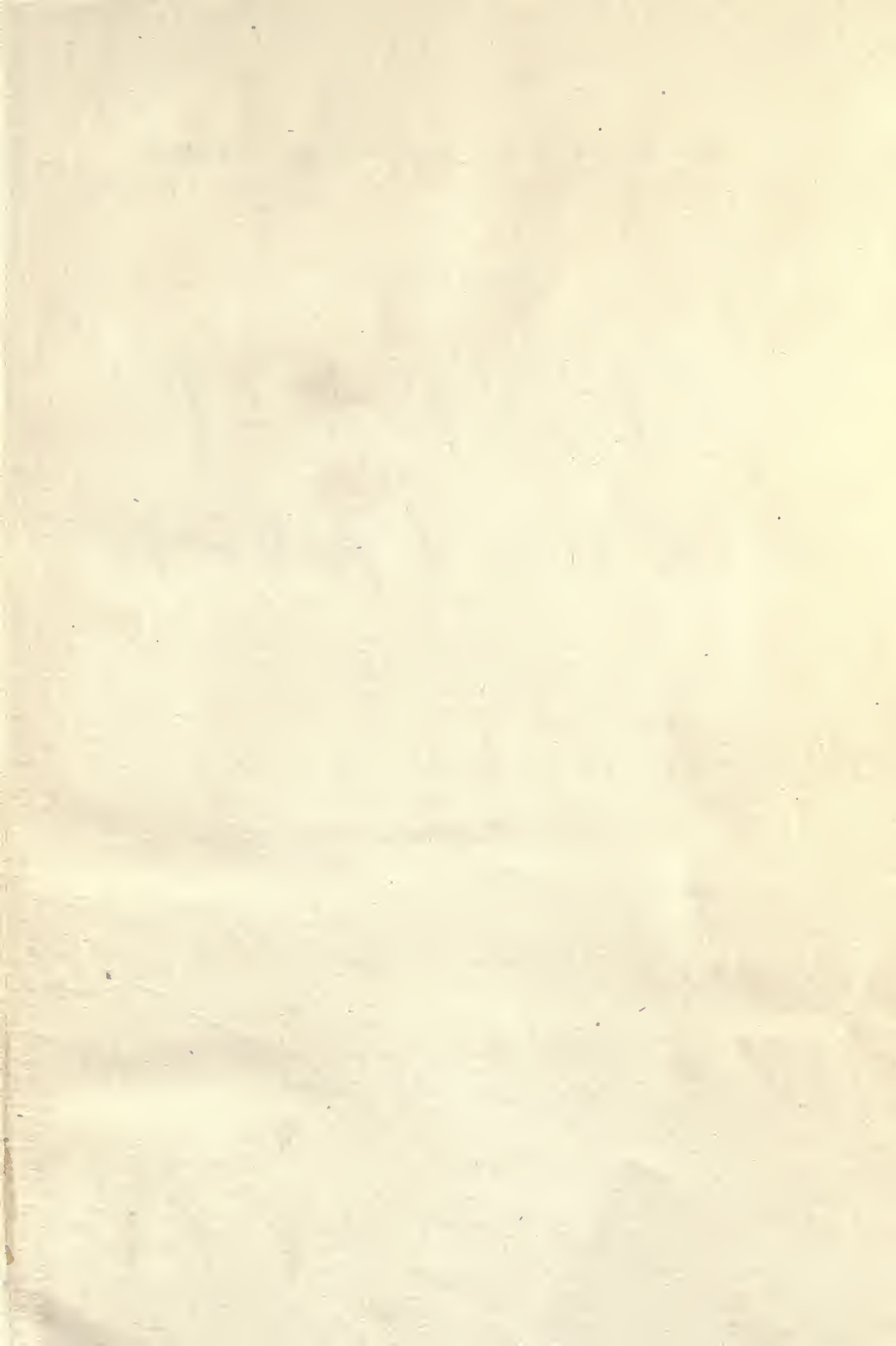
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SEVENTH EDITION.

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WHITEHEAD







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VOLUME 1 OF THE "OVEN AND RANGE" SERIES.

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THE

# AMERICAN PASTRY COOK

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SEVENTH EDITION.

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A Book of perfected Receipts, for making all sorts of articles required  
of the Hotel Pastry Cook, Baker and Confectioner, especially  
adapted for Hotel and Steamboat use, and for  
Cafés and Fine Bakeries.

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BY  
JESSUP WHITEHEAD.

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CHICAGO:  
JESSUP WHITEHEAD & Co., PUBLISHERS.

1894.

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# ADVERTISEMENT.

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THIS BOOK is especially adapted for use in Hotels, Boarding-Houses, Confectionery-Cafés, Restaurants and Eating-Houses generally, in which respect it enters upon a field hitherto unoccupied. The quantities of the receipts are calculated for what experience has taught the author are the average orders of about fifty persons choosing from a bill of fare, but which are really only about thirty portions. In many of the more important matters, such as Puff Paste, Bread and Rolls, Cakes, Ices, Creams, and Pie Mixtures, and in Cold Meat Dishes, Corned Beef management, and Salads, the standard of one pound or quart used will be found to make the receipts equally useful for private families, and the trouble of dividing the larger quantities in other cases will probably be fully repaid by the simple conciseness of the directions, the absence of all technical jargon, and the professional knowledge of the art of cookery imparted in every page. The book is unique also in having all the articles directed to be made graded in regard to cost, to meet the requirements both of those who do cooking for pleasure and those who are concerned in cooking for profit.

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Since the above was first printed another book has been issued by the same author, in which all of the receipts are reduced to the gauge of meals for six or eight. It is especially adapted to teach cooking as a trade for women in private houses, and includes everything likely to be of use for the purpose, arranged in order from the cheapest meals up to party dinners and suppers. It is called the CHICAGO HERALD COOKING SCHOOL.



# Introductory in the National Hotel Reporter.

For any apparent presumptuousness there may be in spreading these cooking receipts and instructions before the professed cooks of the country in the most widely circulated and most influential hotel journal, I have to offer as apology that I was long ago impressed with the singular fact, that among all the excellent cooks, hardly any could be found who worked by any rule or measure. This was especially the case with American cooks. They knew how themselves, but could not have given exact instructions even to their sons without first instituting a series of experiments, and their knowledge perished with them. I simply set to work to reduce my portion of the general knowledge to exact figures, and the merit claimed therefore is not for very extraordinary skill, but rather for the painstaking industry that has never allowed a receipt to be put away marked O. K., without being satisfied that it was quite reliable.

Another consideration offered is, that the stewards, and others, who buy for cooks to use, not being, in the great majority of cases, practical cooks themselves, are apt to consider many of the demands of the cooks for certain kinds of materials necessary to good work, as but unreasonable whims, not worthy of notice, and it is difficult to see how the requisite explanations are ever to be made, unless through some such means and medium as the present,

J. W.

*Daily National Hotel Reporter*, Oct., 1878.

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## RECEIPT OR RECIPE?

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Which is right? Worcester says that a recipe is a receipt for cooking; also, that it is a formulary or prescription for mixing certain articles, particularly in medicine. Webster, also, makes recipe and receipt appear nearly synonymous terms, and attaches to the former a particularly medical meaning that is nowhere made to belong to the other. The French *recette*, which appears to be the original of our receipt, is pronounced like it; and yet all the translated French books have recipe instead. Of half a dozen different articles on the grocer's shelves, four have recipes printed on the packages while others give receipts. Of six persons talking together, four or five will say recipe, the rest receipt. The label on the bottle tells you that the sauce beside your plate was prepared from the receipt of a nobleman of the county. But the nobleman's only authoritative English cook-book uses recipe. By its side is another later and very compendious work which is advertised as containing so many thousand receipts. Still another more recent and even more compendious London book, uses the other word. Both words are right, but which is the better?

Several hundred pages of the matter which it is proposed to publish in this column, had been writ-

ten with the word recipe, according to the observed practice of the majority, but after all it was decided to change it, and for reasons perhaps as immaterial as the difference between the two words in question. Still, the minority side having been taken, it seems best to state the case.

A city man, wise in the ways of bread making, was at an old Yankee farmer's house instructing his housekeeper in the best methods of making homemade Boston brown bread, and used the word recipe frequently. The old man was not illiterate, but excessively old-fashioned, and the trisyllable annoyed him past bearing. He laid down the *Churchman* that he had been reading, and leaned back and listened. Then he took off his glasses. Then he began to remonstrate. "Oh, don't bring those affected city words among us plain people. 'Recipee,'" he repeated, with immeasurable contempt. "My parents always said receipt; my neighbors all say receipt. what would they think of us if we should go among them putting on such airs as that?"

As I overheard this, and a cutting phillipic which followed, aimed at city affectations in general, my faith in the power of high-sounding recipe to soothe the savage breast was considerably weakened. A long time after, and at a very distant place, a lady school teacher was heard to say: "I am so glad if receipt is the right word instead of recipe; the latter seems so much like a stranger in a foreign dress among our familiar English words of the same dimensions. When I have taught my pupils to indite and recite, it is troublesome to make them understand that recipe is not to be pronounced that way at all, and then, again, to stop them from making two syllables of ripe, wipe, and pipe."

This was another blow at the aristocratic trisyllable, but it seemed hard to have to descend from the lofty heights where it prevailed to the level of the common. Fortunately, just at that time, the great house of the Harpers published the most polite cook-book that has yet appeared. It made extreme correctness a special feature. It was typographically perfect. It hyphenated every cocoanut. It split hairs on teaspoonful. It followed Noah Webster whithersoever he might lead. It was "the glass of fashion and the mould—I mean mold—of form," and with all this it adopted receipt instead of recipe.

There was no more room for doubt. Higher precedent there could not be, and so, if the reader pleases, as far as this column is concerned, we will render unto the doctors the Latin trisyllable which is their, and use only the humbler but safer English receipt.



# NOTES TO THE SECOND EDITION.

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The "American Pastry Cook" having met with so much favor that a second edition has become necessary, it may perhaps be allowed me to make a statement of the simple origin of the book, as much as anything in acknowledgment of the kind encouragement of a great number of friends who bought undoubtedly without any thought of using it. All such books, if worth considering at all, have had a motive, either to introduce foreign methods, found a new school of cookery, teach new extremes of ornamentation, or put into practice the theories of great chemists or of new idea doctors—Leibig, Graham, the vegetarians and the like. The "Oven and Range" series was not so deliberately planned and if a motive may be claimed in this case it is to make good cooks, such as are always wanted, and to raise the occupation of cooks in America at least to the dignity of a recognized trade.

When, a good many years ago, I used to find myself in positions on sea and river, in hotels and restaurants where the assistants always coming and going were generally willing enough while they stayed, but could not do good work, I began to see the absurdity of knowing what I wanted done and yet being unable to make others understand, and I began pencilling down weights, measures and directions for them to work by—not pastries alone but a little of everything—and hanging these directions on the nails along with each assistant's portion of the bill of fare for the next meal. All cooks that are worthy of being called such are emulative and try to excel. They "hit it exactly" in making a dish, sometimes, are highly elated and wish they could always have such "good luck." In my own practice whenever any of us "hit it exactly" I simply penciled down how it was done, and kept on changing and improving until I was in a great measure independent of the circumstances of the boys "jumping out;" anybody smart enough to work by written directions could make what I told them. These receipts were necessarily plain, and as necessarily correct and reliable, and they were of great value. In course of time there were some hundreds of them and they made a bulky package. Is there any wonder that the thought occurred that they would be more useful in print? Is there any need to explain further why the writer has confidence in his book? Those exact and plainly worded receipts, with others of course added, form the "Oven and Range" cook books. There has been nothing but pleased surprise, kind words and good

reports connected with the circulation of the pastry book as far as it has gone already, the anxiety being expressed in numberless instances to obtain more books of the same sort. The careful plan adopted of making the work reliable in every particular has prevented its being written and finished in haste.

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**Little Desserts.**—This book has been taken up with avidity by many outside of hotels, seeking instructions how to make nice sweet dishes, some of whom seem to think they know all they need to learn of meat cooking when they can broil and fry, but who acknowledge the difficulty that prevails everywhere when well-to-do people ask why they cannot have at least a few of the dainty trifles at their private tables that they have enjoyed in such profusion at a few very good hotels. It is, briefly, because pastry-cooking cannot be picked up like meat frying, but must be learned. In order to help the matter I will suggest things to be tried. Let those who would not have pies every day and only pies, practice the different cream fillings and make all sorts of delectable forms of pastry of them. I have called some of these conserves because the word cream is worked to death. The articles alluded to are pineapple cream or conserve, apple cream, orange conserve or tart filling, lemon conserve or lemon honey, transparent pie mixture, cocoanut and lemon pie mixtures, pastry cream or custard, chocolate cream, cheese curd mixtures, and many more that are in the book but which need not be named. Let it be observed that all of the receipts for making them are perfectly reliable and they can be taken up and used any time without fear of failure. This will be found a perfect little mine of good things. When they are understood make tarts in patty pans of them, then covered tarts, then cheese cakes, apple shortcake, Napoleon cake, Saratoga shortcake, apple turnovers, mince patties, using the different creams or sweets at different times. Then make the open tarts with meringue on top like lemon pies; make apple shortcakes with meringue or frosting on top or between the layers, and so you can keep on indefinitely.

Then take notice of the fruit charlottes, the apple and peach charlottes and friar's omelet. Since the book has been published I have seen two of the most accomplished French cooks of this part of the country practicing those articles with others from it with evident interest and satisfaction—for it does

not follow because a man is a splendid cook already that he must have practiced everything that is known; we are all still learning or trying some old favorite for the first time.

Then, attention should be paid to the many varieties of boiled custards in cups. There are tapioca custard, rice, farina, sago, manioc, granula cocoanut, chocolate, caramel, wine, and plain custards flavored. The receipts give you the exact proportions to make them so that everybody likes them, and they direct you to serve them ice cold. There are custards with whipped cream on top, and with frosting browned over, and custards baked and steamed. Then remember the different dishes made with cake and custard, the floating islands, the gipsy pudding and then the different ways of making a charlotte russe.

I write these lines in the interest of people who want nice things on their tables and not caring particularly about the cost wish to know how it is that cooks in general have such a very limited knowledge of this line of business. As the utmost pains has been bestowed upon the book in the hope to supply this deficiency of knowledge I can do no less than point them and their cooks to these pages.

Then there are the molded creams, which to know how to make perfectly is a pleasing art in itself; they are the blanc manges, the Bavarian, chocolate, strawberry, Roman and all that line. Most of the finest foreign menus have Bavarian cream in some form or under some name as *Bavaroise aux fraises* (with strawberries) or *au chocolat*, or otherwise, and many of the diplomatic and court banquets show the same. They all can be easily made and are simple when once learned. I have always found that something of the sort is highly appreciated at the end of a dinner, particularly when there is no ice cream.

While claiming to excel in making these creams myself and having made others working under me excel in the same line of articles, I must own that I would not, to use the common expression, touch with a ten-foot pole these so-called creams as they are commonly made by unskillful cooks. But they are served daily in great perfection at a few of the very best Chicago hotels. Everything necessary to be said about them has been set down in the directions in the book.

The puddings alone will furnish a change and variety that may surprise many who try them, and some are so little like pudding they seem to deserve a finer name. Where all are good it is scarcely fair to single out any, yet, to point the meaning I will instance the birds-nest pudding as being almost a dish of baked fruit, and, not least, there remain the fritters both plain and with fruit, meringues of cake and fruit and pastry and fruit, frosted over, and jellies and compotes, and every one who delights in making little desserts is con-

tinually inventing some new combination. And we have not yet mentioned the ice creams.

**About Whipped Cream.**—In close connection with the Bavarian and Italian creams the pure whipped cream regarded as most delicious among desserts has to be considered. Those creams when genuine are made of pure cream whipped to froth and stiffened with gelatine.

The amount of gelatine required is only half an ounce to a quart of cream when it is but to fill a charlotte russe, or be a simple cream in a mold, but if strawberry juice and pulp is to be added or maraschino or wine then an ounce to a quart will be needed. If you put pure cream in a deep pan, set it on ice and beat with the wireegg-whisk it will become thick and firm enough to fill small charlottes without anything added at all, except, of course, a little sugar and flavoring, and it will not go down again as long as it is kept cold.

When the greater firmness is wanted so that it can be turned out of a mold the half-ounce of gelatine to a quart must be dissolved in a little warm milk and poured into the cream while you are whipping it light.

But there is so much difficulty in most hotels in getting cream for the pastry cook to use that I have about given up the use of it altogether. It is not always the question of cost that makes the difficulty but the actual scarcity of cream and the greater need for it in other ways than in the pastry, so the receipts for the made creams and charlottes will be found to call for no cream, but use milk instead. They can be made so good that the lack of cream is never observed. The difficulty does not so generally exist when parties in private houses are to be given and I advise the use of pure cream when possible, although it is valuable to know how to do without.

**Individual Charlotte-Russe.**—A favorite little dainty of this sort is sold at the city confectioneries that is made in a paper case, size and shape of a common tin cup of the half pint size. A sheet of sponge cake is baked on paper, taken off and cut in pieces that will just fit inside the cases, a bottom piece is put in and then the charlotte is filled with a spoonful of whipped cream, sweetened and flavored but whipped up without gelatine. But they are made for fine parties in paper cases of the shape of small tumblers, wider at top than at bottom so that they can be taken out of the case when served, as the pattern with straight-up sides cannot. These are lined with either cake or lady fingers, but to give them firmness enough to be removed from the cases a little gelatine has to be added to the pure cream, as explained in the note about whipped cream.

But another way most suitable of all when these



little charlottes are to be served at ball suppers, as they can be held in gloved fingers, is to make them in handsome ornamented paper cases, size of small tumblers which may be bought ready made for the purpose in some places or otherwise can be made of fine unruled paper at home. The lining may be sometimes of white cake and another time of yellow, and either pure whipped cream or any of the made creams can be used for filling. The same sort of charlottes are held in high favor at hotel dinners when they are formed in deep muffin rings without bottoms, kept very cold and slipped out of the rings when served. I have practiced that more than any other way. A cup of pure thick cream when whipped fills about eight of these small charlottes, so that a calculation can be made of how much will be required.

**Individual Puddings.**—It is the practice in all the best hotels to serve the puddings in individual forms. In the receipts in this book it will be found that the baked puddings are all directed to be cooked first by boiling the main ingredients together then adding the eggs and then to be baked only a short time. This baking is done in white bowls that hold from a cupful to a pint and the puddings are served in the same bowl set in a plate and an individual pitcher of sauce with it, if the pudding needs a sauce, for family dinners granite ware or tin dishes are in use with an outside silver-plated dish to hold it and a plated ring to drop over and cover the rim. Custard puddings, macaroon, brandy, cabinet and a number of others described in the book can be cooked in the cups and then turned out in the saucers to serve. Boiled or steamed puddings can be cooked in individual tin molds and turned out on saucers.

An improved way of cooking steamed apple roll and other fruit puddings of the same sort is practiced in places where the steaming facilities are good. The pudding is not a roll at all and no cloth is used, but a crust rolled out is laid on the bottom of a pan, then a layer of chopped apples, another crust, more apples and a third crust on top, then it is set in the steamer, cut out slices or squares. It is but little trouble and does just as well. A light dough made with plenty of baking powder and no shortening whatever is employed in some of the paying restaurants for steamed apple roll.

**Ices.**—Let none be deceived about the ices in this book because they are offered without the impositiveness of tremendous French names. There is no finer assortment of ices known than these in the following pages. The changes and combinations possible with them are practically endless and one who is master of them need have no fear of ever "getting left" in a competitive trial. It is hard to

say in such matters as these exactly where old patterns are departed from and originality begins. It is true, however, that these are all newly adapted to hotel use being on the whole an invention of a set of ways of serving a magnificent array of ices in places where the resort to molds and brick shapes was not possible with the small number of hands employed and perhaps the comparative scarcity of ice. I keep up a constant run of novelties by serving two kinds at once in the same saucer or glass and making ices of almost every kind of sweet and fruity material. In order to do this without making incongruous mixtures less acceptable than common ice cream the greatest care and skill must be exercised both in compounding, coloring and freezing. Even if we make the old foreign favorites they have to be supplied with plainer names for hotel bills of fare. Take for instance "tutti-frutti," when the hotel keeper has ice cream provided he of course wants the guests to know it and get the good of it, but not one in a hundred of them that come to hotels knows what tutti-frutti is by that name, and much disappointment may be felt on that account.

I would not be understood as advising the use of even the terms attached in this book to the several combinations. That is a matter of indifference. When you have two fancy ices at once, perhaps a pale green grape ice and a deep colored frozen custard call it ice cream in the style of your hotel or of some other famous one. In regard to the tutti-frutti receipt in the book it ought perhaps to be said that the outer coating of orange ice is not necessary for common dinners, it is an extra touch for a mold or bombe. This sort of frozen pudding can be dished out of the freezer with or without a white ice like a frozen sauce at the side. The sense of some of these extras is never apparent until you have a table decorated with crystal, china and flowers to supply. The best workmen after they have made the three creams or fruit ices for Neapolitan and frozen them in brick-shaped or Neapolitan molds take them out a good while before dinner time, wrap each form after it is taken out of the mold in manilla paper and put them in a large freezer well packed with ice and salt and keep them there frozen and dry until they are wanted. This saves hurry and melting by handling while dinner is going on. Line your brick molds with manilla paper, or at least the bottom and top, before putting in the ice cream. It is easier to take the cream out and also makes the lids fit tighter.

**Bread.**—A good deal of wholesome enthusiasm has been evoked by the contents of the "book of breads;" the slight drawback has been that those who followed out the proper method of working the dough have been surprised by their bread becoming too light; that is of being ready to bake

before they believed it could be and before they were ready for it. It is stated in the directions that under proper methods the dough needs no coaxing, no setting under the stove, it will rise almost anywhere. A hint may be taken from the management of Vienna bread, the dough for which is made light once, then well kneaded, made into loaves, cut across the tops and baked very soon after without being allowed to get much proof or rising in the loaf shape. It is put into an oven that is very hot at first but built with a low roof so that the bread crowded in fills the oven with steam in which the baking is finished. Ovens not specially built for Vienna bread have a steam pipe leading into the oven to serve the same purpose, and rotary ovens have wet bricks thrown into the fire to fill the oven with steam. However interesting the subject it will generally be found too much trouble to make stock yeast in very small houses, but a starting may be obtained from some friendly baker or else dry yeast cakes must be used to start the ferment. An attempt to do too much is very apt to end in weariness. But all pastry cooks ought to make stock sometimes, to keep in practice, even if they are using the compressed in a regular way.

Attention is particularly called to the method in this book of taking a piece of light dough from the rolls or bread to make various light fancy breads, muffins, waffles and the like. It not only makes the directions short and plain but makes it easy to turn out a great variety with but little extra trouble over common bread. One setting of sponge does for everything.

**Plain Covered Pies.**—It has happened several times during the introduction of the first edition that I have had to hear unfavorable comments upon the pies and pastries of some generally good workmen, in the form of a hope by the steward, clerk, or proprietor, as the case has happened to be, that the book would give them a hint to make the old fashioned covered pies, and not the heavy and greasy ones they were making. It is much to be feared that our book has fallen short of its duty in this particular; still it has been said over and over that puff paste is not good unless it is perfect or nearly so. Some kitchens and pastry rooms are so hot it is impossible to make fine paste in them, and, after all, the greater number of people are as well or better pleased with good short paste. Take two cups of lard to seven cups of flour—or a pound of shortening to two pounds of flour and a little salt and rub them together dry, wet them with ice water, mix up and give the lump of paste two or three rollings in order to make it flaky. The same sort of paste but more crisp and dry can be made with suet chopped extremely fine, weighing or otherwise making sure

that you have enough. But when suet is used it will be found best to mix up with water slightly warm that the suet may be soft enough to spread and be flaky under the rolling-pin, and then let the paste stand in a cold place until wanted. Good cooking apples and other pie fruits can be put in the pie raw and a little sugar sprinkled over, then a top crust put on. These after all, are the real American pies; our open pies with fine high puff paste edges are *tourtes*, *flans* and *vois-au vent*.

**Strawberry Shortcake.**—Some dissatisfaction has been expressed at the strawberry shortcake question being left in this book in an unsettled condition. But it is a fact as everybody knows that when strawberries first come in all the confectioners' windows display different kinds of strawberry shortcake that are anything but the true article, being sometimes squares of sweet cake with strawberries on top and whipped white of egg on that—as little like the proper thing as it possibly can be. I have no hesitation now in saying these are all wrong and the only genuine article is made as I was schooled into making it myself years ago by the wife of the present Secretary of the Interior, one of the most critical judges of cookery, as she is herself one of the most accomplished cooks among all the ladies in the land.

Make the short paste as directed in the preceding note for covered pies, only using fresh butter to rub in the flour instead of lard. Roll out nearly as thick as for biscuits, place on jelly cake pans and bake. Cover the strawberries with powdered sugar in a bowl and shake them up to mix. Split the short cake, spread strawberries on both halves and place one on top of the other. There will be strawberries, of course, on top as well as between. Serve a pitcher of cold sweet cream at the side. There should not be baking powder or any other sort of rising in this cake but the cold butter alone, which makes it light enough.

**City and Country Pastry Cooks.**—Having paid attention in the foregoing notes to some things that they in the front of the house have said, it is in turn to mention that some pastry cooks claim that it takes a much smarter man to be a first-class pastry cook or meat cook either in a country hotel or a hotel in any small city than it does in a perfectly fitted-up great house in New York or Chicago. It is argued with perfect justice that in these great establishments one man does but one set of duties within certain hours and has everything properly adapted for his use, and such a one could not begin to do as well as the general pastry cook in the ordinary hotels of small cities does with all the deficiencies and disadvantages he has to contend with. This thing properly considered by employers would often save them the disappointments



they experience when, thinking they will be made up and get their work done right, they send for a pastry cook from the big city and find that he either cannot or will not try to get along when they have got him. The young men that have learned and practiced only one department of hotel cooking are not the ones that give satisfaction in small houses. The pastry cooks of these houses have to invent their own ways, and learn to do splendid work under conditions that would make the others afraid to take hold and try. On account of his thus becoming used to adapting himself to the place, the oven, and the utensils the chances are much better for getting a great variety of first-class pastry work from an active, interested, general pastry cook who has learned in hotels of medium size than from those under the steady routine of the great caravansaries. Hotel keepers should encourage the training of pastry cooks in their own ways in their own houses, as there are no other places for them to learn general work in.

**About Ovens.**—Brick ovens are indisputably the best for hotels, yet, because they are not very often met with, when one is put in, the pastry cook who has been used to baking in a portable sheet iron oven or a range or stove, finds it awkward to begin the new way. Good pie baking can be done in the portable ovens for they will bake on the bottom, and good use can be made of the top of the fire box to boil jelly and stew fruit when room on the range is not to be had, but still they are very imperfect; they scorch the bread on one side, they are entirely unsuitable for baking cake and will not keep anything hot without drying the bottom and sweating the top. There is an immense number of them in use, although many pastry cooks and bakers will not work with them at all. The same money that buys them would build a brick oven. Every town has one or more bricklayers or builders who can build an oven, and some have a specialty in that line. It will cost from forty or fifty dollars upwards to a hundred and fifty or more for an ordinary oven. The patent rotary ovens run from five hundred to fifteen hundred dollars. They are for the largest establishments. The floor rotates over the fire, the heat comes up through a hole or hub in the center and around the circumference, the door is rarely closed but the articles put in as the bottom passes the door are carried around and, if small, when they come to the door again they are done. Revolving ovens carry the shelves and pans up and down, baking all over alike. Common ovens are of two patterns. The simplest and cheapest has no furnace but the fire is made in the oven itself, on the floor, and when hot enough the oven is raked out and mopped clean and the articles put in. Only one heat at a time can be had and the things that need the most heat

go in first, then the bread, after that the cakes. The other sort has a furnace at the side, the heat goes into the oven on its way to the chimney hole in the top. It may be known when the oven is hot and where the cool corners are by the smoke that blackens it all over when the fire is first made but disappears and leaves the bricks white when they are hot. When you have an oven built be careful to stipulate for a good bed of sand under the tile bottom. It holds heat and is essential to the making of a good oven. After a few days practice one who has not been used to an oven learns how long before it is wanted the fire must be started to heat it, and learns by the feel and by the appearance of the inside when it is at the right heat for any purpose.

**Jelly Roll.**—On account of the common difficulty of getting blank paper to use I have done my part towards abolishing the need of it by baking sheets of sponge on baking pans without paper. Very few, however, can manage it quickly enough and the cake dries and breaks. Newspapers can not be used for the purpose because they are apt to leave the news of the day impressed on the cake in printing ink. Either thin manilla or blank news paper should be furnished to the pastry room.

**By Weight and Measure.**—It pays to have scales and be exact. The pastry cook does not want the pudding to come out soft and slop over the saucers, nor the lemon pie to be soft and run off the crust, so he throws in a lot more eggs if he cooks by guess, because he knows they will cook solid and dry it up. Or, he wants another pudding to be soft and mellow and he throws in a lot more butter, knowing that will prevent it being dry and tough. But in most cases the extra eggs used only to make sure of a doubt do more harm than good, and the softness, like custard, that is wanted can be produced better by adding water or milk than by butter. The whole course of guess work cooking is full of errors. The objection that weighing takes up too much time must be met by placing scales and weights in a position where they are always ready for instant use, on a little shelf nailed up about breast high at the back or end of the pastry table. Spring balances are of no use because they will not weigh by ounces. Common scales with common iron weights are by all odds the best, for graded beams take too much attention to find small quantities. The scales once placed in easy reach there is nothing more needed to be done to get them into use, for the pastry cook is too glad to have "a dead sure thing" on whatever he does, and no failures, to neglect the weighing that is made easy. There are certain proportions of ingredients in every article that make it so good it is impossible for it to be made any better—even in common

things like batter cakes and biscuits—and no person living can guess them and be always up to the highest mark.

### Cup and Spoon Measure.

Cooks who go to places where there are no scales to use will find the following table useful.

**A CUP**—Means the common size of white coffee cup generally used in hotels, that holds half a pint.

**WATER**—"A pint is a pound all the world round" and the standard. A cup being  $\frac{1}{2}$  pint is therefore 8 ounces.

**MILK**, vinegar and most fluids same as water.

**MOLASSES**—A cup holds 12 ounces a basting spoon 2 ounces. Thin syrups do not weigh so heavy.

**EGGS**—A cup of eggs broken is the same as 5 eggs.

**YOLKS**—A cup holds 13 yolks— $\frac{1}{2}$  pound.

**WHITES**—A cup holds 9 whites— $\frac{1}{2}$  pound.

**WHOLE EGGS**—10 average a pound. When you have a bowl of yolks or whites left over weigh or measure and you will know how many there are.

**BUTTER**—A cup of butter is  $7\frac{1}{2}$  ounces if pressed in solid. It is near enough generally to call 2 cups butter a pound, either pressed in or melted.

**LARD**—Same as butter.

**SUET**—Minced suet a cup is 4 ounces.

**CHOCOLATE**—Grated cold chocolate a cup is 3 ounces.

**SUGAR**—A level cup of granulated sugar is 7 ounces. Although sugar by the grain is heavier than water the air spaces make it measure lighter. A rounded cup is  $\frac{1}{2}$  pound. Fine icing sugar a cup is but 6 ounces, dry yellow the same. All the sugar that can be scooped up out of a barrel with a cup weighs 9 ounces.

**BREAD CRUMBS**—A cup of bread pressed in rather so'id is 4 ounces. A pound is a pressed-in quart.

**FLOUR**—A level cup of flour is 4 ounces. A cup heaped up with all that can be dipped with it out of a barrel weighs 7 ounces, nearly twice the level full. A quart of flour just rounded over is a pound.

**CORN-MEAL**—A cup of corn-meal is 5 ounces, 3

rounded cups are a pound. A pound is a little less than a level quart.

**OATMEAL**—A level cup is 6 ounces. All that can be dipped up with a cup weighs 7 ounces—nearly  $\frac{1}{2}$  pound. 3 cups water cooks 1 cup oatmeal.

**RICE**—A level cup weighs 7 ounces. All that can be heaped in a cup weighs 9 ounces. 3 cups water cooks 1 cup rice.

**CORN STARCH**—A level cup of cooking starch is 6 ounces. All that can be heaped in a cup weighs 7 ounces. 4 cups milk cooks 1 cup starch.

**FARINA**—Same as starch.

**TAPIOCA**—Same as rice.

**LIGHT BREAD DOUGH**—A rounded cup of dough weighs from 6 to 8 ounces according to lightness—3 cups are a pound. 1 pound makes 10 or 12 rolls.

**RAISINS**—A heaped cup without stems is 8 ounces. A pound without stems about fills a quart.

**CURRENTS**—A heaped cup dry weighs 6 ounces.

**GROUND COFFEE**—A heaping cup is 4 ounces—it makes 2 quarts of coffee.

**TEA**—A heaping cup is 2 ounces—it makes 4 quarts of tea.

**OYSTERS**—A cup holds a dozen selects or 2 dozen small.

**A BASTING-SPOON**—Six basting-spoons of liquid fill a cup. It holds about  $1\frac{1}{2}$  ounces of melted butter or lard, same as size of an egg, and 2 ounces of thick molasses.

**A TABLE-SPOON**—14 times quite full is a cup or  $\frac{1}{2}$  pint. 2 tablespoons butter is 1 ounce, melted. A heaping tablespoon of sugar is 1 ounce, 6 or 7 fill a cup. A heaping tablespoon of starch is 1 ounce, 4 will fill a cup—starch can be heaped so much higher than sugar. A moderately heaped tablespoon of flour is 1 ounce, 3 will fill a cup if fully heaped.

**A TEA-SPOON**—Is  $\frac{1}{2}$  a tablespoon. It is near enough in most cases to call a teaspoonful  $\frac{1}{2}$  ounce of dry articles rounded up, not including ground coffee or tea.

**APPLES**—4 average a pound—they lose a third by paring.

**BUTTER**—Size of an egg is anything from 1 to 2 ounces.

There are 16 cups in a gallon.

A common wooden pail holds  $2\frac{1}{2}$  gallons or 10 quarts or 40 cups.

**BISQUE ICE CREAMS**—Sometimes called biscuit ices in bills of fare are those which have a paste of fruit or nuts mixed with the cream. Bisque of pineapple is one of the favorite varieties, the directions for making it are at Nos. 107 and 93. Another example is the bisque of nuts of any kind at No. 95, and preserved or candied ginger

makes another. There should be bits of the minced fruit found in the ice to show what it is, and that it is not merely flavored.

Italian bisque has lady fingers crumbled and moistened in wine, mixed in ice cream the same way. Nesselrode Ice Pudding and Diplomatic Ice Pudding will be found at Nos. 689 and 690.



## NOTES TO THE FOURTH EDITION.

**Tortillas.**—It would be most gratifying to me if these books should grow to be so comprehensively American as to include the best of the cookery of all the various peoples on the continent. To learn all that is characteristic in the cookery of Mexico without departing from my rule of never putting anything into a book that I had not previously performed myself by the measures and directions given I should have to go through the experience of a correspondent, a former Chicago chef, and visit the principal cities of that country. He says:

"In looking over your **AMERICAN PASTRY COOK** I particularly noticed No. 626 (Tortillas) which I find is a mistake. I have spent the past two years in Old Mexico, most of the time as proprietor of the Eating House at San Juan del Rio, about 125 miles from the City of Mexico, and have seen Tortillas made in all the principal cities in Mexico and at no place do they use corn meal or boiling water, as there is not, nor never has been, such a thing as corn meal in Mexico, only such as came from the United States to Americans located there. The way they *do* make Tortillas is as follows: Corn is soaked in water 24 hours, then it is laid on a rock and rubbed with another rock shaped something like a rolling pin till it forms a paste, then it is made into flat cakes like a hotel pancake, only thin as a wafer, which are made by being patted between the hands to the proper size, then are baked on hot coals. As a proof of the above recipe I refer you to any one in Mexico."

My friend "A1" Rutherford is right, of course. Still my Mexican said just what is printed about him. Knowing that a tortilla is a corn cake, he was content to call a corn cake a tortilla without caring much about the different method of making. Here is a still more particular description written by Fannie Brigham Ward to the Springfield *Republican*:

"A Mexican kitchen is a study, and to do it and all its queer utensils justice would require a column's space. There are no cooking stoves in Mexico, or even anything like the fire-places of our grandmothers' days. One side of the room was occupied by a sort of shelf, built into the wall, about breast high, in the center of which a small wood fire is kept burning.

"There is no wood here which a New England housewife would consider fit to burn—only the

gnarled and twisted branches of mountain trees, and around a little heap of these the earthen cooking pots are ranged. If the family is small, sometimes this smoky process is improved upon by building a charcoal fire in a large earthen pot and setting the smaller cooking vessels within it. In many houses a mud oven is built at one end of this shelf, or somewhere out of doors. To heat the oven a fire must be built inside of it, and the entrance closed with a hot stone. However, as baked food—'pies an' things,' according to the Englishman's advertisement—enter not into the household economy, an oven is altogether a superfluous luxury.

"In the center of the kitchen stands its most important factor, the metate, for tortilla-making. It is a hollowed stone, the size of an ordinary bread bowl, having two stone legs, about six inches high, at one end, which inclines it at an angle of 45 degrees. The tortilla-maker kneels on the dirt floor at the elevated end of the metate, and, the corn having been previously boiled in weak lye, and still quite wet, she crushes it into paste with a stone rolling-pin, the mixture gradually sliding down the inclined plane into a dish placed to receive it. When a quantity has been thus crushed, it is rolled into balls and left until required. It is astonishing what an amount of corn a family of ordinary size will consume in a day, in the form of tortillas, the Mexican 'staff of life.'

"When a meal is on the tapis, the last act in the drama—the tragedy, we feel inclined to say, when suffering the after pangs of indigestion—is to heat the griddle, or more commonly a smooth flat stone. Then the cook takes a very small lump at once of the prepared corn paste and shapes it into thin round cakes, with a little water and much loud spitting of the hands, with a sound exactly like spanking babies. The cakes are then baked brown in a jiffy, and, as a substitute for bread, one might go further and fare a great deal worse than subsist on tortillas.

"Whatever else American housekeepers may find worthy of imitation in Mexican methods, I am sure that dish-washing, as that disagreeable duty is practiced here, will not be one of them. The Mexican dish-washer does not bother with a table and thereby saves her arms from scrubbing and her legs from standing—but seats herself serenely on the floor beside a pail of hot or cold water. She has no soap, but a little sliced *amole*



root makes a strong " and cleaner suds, and in lieu of a dishcloth she uses a tiny broom-brush like our smallest whisk brushes.

"The only disagreeable suggestion about it is that these dish brooms are exactly like those used to brush hair—from the 'head of the family' down to that of the humblest criado (there are few combs used in Mexico)—and the fear will intrude that those brooms may sometimes get 'mixed,' like Buttercup's babies! The dishes are never wiped, but are turned up to dry, sometimes in a tray or on an adobe shelf, but generally on the hard dirt floor leaned against the wall. Strange to say they always come to the table clean and shining. The brass spoons and steel-bladed knives are kept bright enough to see your face in, though no bath-bricks or patent soaps are employed in their polishing—nothing but pure unadulterated dirt. The servant, whose duty it is, takes them out of doors, kneels upon the ground, dips up a little fresh earth, and, holding the knife or spoon firmly on a stone, polishes at her leisure. Despite dirt floors and the absence of all those conveniences which we consider indispensable, I have never yet seen an untidy kitchen in Mexico. Everything is kept as bright and fresh as hands and amole can make it, even to the cooking pottery, which is of necessity smoked black whenever used. If we could combine their innate neatness with our improved methods the result would be that cleanliness which we are told is 'akin to godliness.'"

A CORRESPONDENT having experience of life in Mexican hotels says the first thing to be done while there, according to the custom of the country, is to "take" coffee—and if by any series of howls and poundings you can attract the attention of a servant, there being no bells, the universal light morning repast, called *desayuno*, will be served in your room without extra charge. Nothing more substantial can be had "for love or money" before noon. It consists of a small loaf of Mexican bread (resembling a cannon ball), minus butter, accompanied by only a small cup of coffee or chocolate. Should you be so unreasonable as to require a couple of eggs, they may be obtained for a small consideration from the astonished host, who marvels within himself at the greediness of "Los Americanos."

**Sherbets.**—In regard to disputes which spring up touching the propriety of the names of certain compounds it is necessary to take into consideration that the English, French, and Americans, too, have in many cases taken up a foreign name and applied to something slightly like the foreign original, but so changed to suit their own fancies

that the foreigners would not recognize it. The real Turkish sherbet is nothing but fruit juice and water, only mixed with sugar when the acidity of the fruit makes it requisite. Turkish lemon sherbet is simply lemonade, and all other fruits are used in the same way. What we call water-ices are the real sherbets frozen; both names are proper for them and there is no room for a dispute. On the other hand the French apply the name *sorbet* to sherbets which have liquors added to them; *sorbet au kirsch* is kirschwasser punch frozen and so on through the list of punches. It is easy therefore to find authority for almost anything in this line of goods with changeable names; for there is no ultimate authority at present to refer to. The popular understanding of the meaning of a term establishes it in each different country.

**Ice Cups and Compound Ices.**—The many friends who have assured me that they found this book a perfect mine of good things will not now, I am sure, suspect me of undue egotism, when I assert that a number of the compound ices have never been surpassed in points of luxury or ornament, and, if used in connection with the ice cups No. 118, they afford specialties for any occasion of which any one may be proud. These ice cups have been adopted by some experts in London, as a new thing and a few bills of fare of fine hotels in this country have "ice cups" called by the name of the hotel. I wish all my readers to get the full benefit of all the recipes that have been perfected for them with an amount of experimental labor that might seem to them incredible if told.

**Cooking in the Mountains.**—When I first went to work in a very elevated town in the Rocky Mountains, at over 10,000 feet above sea level, I shared in the common surprise and perplexity of all novices in that region of finding that many old recipes wouldn't work and times and durations of cooking processes were somehow disarranged. Without wishing to encourage the telling of marvelous stories about small variations, it has to be conceded that it is more difficult to cook vegetables well done and to boil beef tender there than at the common levels and the most difficulty was found in making good cake. All the customary cake mixtures were too rich, they were all too light and after rising too much in the oven the cakes invariably went down again, dark and sticky, some of the cakes directed to be made with ammonia or baking powder or with whipped whites of eggs to make them light, would rise and run over, but if those raising materials were left out the cakes came out just right and light

enough. Still that did not meet the difficulty in many cases. People to whom I tell it, but who have never experimented for themselves, do not want to believe that it was the sugar that needed to be changed in proportions—they will stiffen the cake with more flour or reduce the butter or eggs. But after testing it thoroughly I found that by leaving out a quarter of the sugar, good cake could be made at the highest point inhabited by man. The cakes were not as sweet and rich, of course, as if made by the full pound recipes, but they could be relied upon to be good in all other respects. Most of the cake recipes in this book are constructed on the knowledge that sugar in excess causes the most failures in cake baking and fourteen ounces are named instead of a pound. But at the level of the sea the full pound can be used, if wished. It is useful to know which of the ingredients causes the trouble when there is any.

**Gaufres, Waffles and Wafer Caisses.**—In reply to requests for further information about the copper patty case frier shown on page 59: It should be bent over so as to hang on the edge of the saucepan of lard and rest there without holding. The copper head need not be solid, but is better if hollow. At the New Orleans Exposition some waffle bakers had a booth where they fried a crisp sort of waffle or wafer, as is described on page 59 for cases, having their waffle irons or coppers as large around as a saucer, shaped indeed like a round border mould such as is shown on page 76, and having long handles bent over to rest on the edge of the frying kettle. They dipped the irons in cake batter, let them fry in hot fat and took off the wafer when done and dusted it with powdered sugar. The price they put upon their waffle irons was \$15 per pair, but offered to sell to hotels at \$10. It is not known how low they would really have sold them, if anybody had really wanted to buy. The cook who cannot obtain these utensils can get along very well for small *caisses* by merely dipping common tin patty pans of any shape in batter—the outsides only—dropping them in a kettle of hot lard and letting fry till light brown and crisp. Take off the shell of batter and dip the patty pans again.

**The Scotch Haggis.**—We are indebted to Mrs. Black, of the Glasgow School of Cookery, for the following, which may be considered an authentic recipe for the famous Caledonian dish:

One sheep's pluck, a sheep's stomach,  $\frac{1}{2}$  lb. suet, 1 onion,  $\frac{1}{2}$  lb. oatmeal, pepper and salt. Procure a sheep's pluck and stomach-bag; wash the pluck well, and put it on in a pot to boil, allowing the windpipe to hang out of the pot so

**New Pudding Material.**—Cerealine is a new starchy substance made of Indian corn. A strong effort has been made to introduce it to general use, and much money spent in advertising, but with doubtful success. The article is good, but so much like corn starch and so little better than any of the other pudding materials that nobody feels the need of it. It is, in the packages, precisely like the white mealy part of popped corn. It cooks quickly like starch, and can be used in the same way as starch, farina and corn meal. Manioca is another article, not new, yet but little known, which is one of the most desirable pudding materials. It is a fine tapioca, and not fine rice, and makes the most delicate of puddings used in the same manner as sago and pearl tapioca.

A FEW corrections and substitutions of new or improved recipes for old ones have been made for this edition. I have been careful, however, not to change or disturb any of the special features of the book, which have been the means of bringing me so many kind and enthusiastic letters.

**An Invitation.**—All cooks, pastry cooks, confectioners and bakers who execute ornamental pieces, which they would like to preserve in a picture, are respectfully invited to send photographs of them to me to be engraved and inserted in the next edition of whichever of these books shall be reissued first thereafter. My latest published book, "Cooking for Profit," contains a department for artistic cookery in which are pictures of two prize pieces, one of which took the first prize at the French Cooks' Exhibition in Paris, the other won a gold medal in London. It seems unfortunate that of all the fine pieces exhibited by the cooks at their annual banquets in New York and other cities, and of all the elaborate work done for public and private parties so little is ever seen by those outside who could best appreciate its artistic merits. It is earnestly desired that a collection of pictures of such work may be made, and as new issues of these books are made at least once a year, it affords an opportunity to the artists to place their work in a permanent form to be a source of interest to many readers and of pride to themselves.

J. W.

that any impurities will come out by it, boil gently from one and a half to two hours. Get the stomach bag nicely cleaned by the butcher; wash it thoroughly in cold water and bring it to the boil, which will cause the bag to contract. Take it out of the pot immediately, wash and scrape it well, and lay it in the salt and water until needed. Mince the best part of the lungs and the heart, leaving out all gristly parts; grate the



best parts of the liver, and put all in a large basin. Toast well the oatmeal, and add it to the contents of the basin. Chop the suet very finely, add a middling-sized onion very finely chopped up, two teaspoonsful of salt and a teaspoonful of pepper, a breakfast cup of the liquor in which the pluck was boiled, to moisten, and mix the whole. Now take up the stomach-bag, keep the fat or smooth side inside, and fill it up, but not quite full; sew up the opening, and put it in boiling water to boil gently for three hours. Prick the haggis several times with a darning-needle to prevent it from sticking to the bottom of the pot.

**Wanted a Substitute.**—A man in B—, Ills., said recently that he would pay me a hundred and fifty dollars if I could show him how to make ice cream without using cream that would be as good as real cream and that would beat up as well. He did not make the offer to me direct, but a young man from Iowa, a strong partizan of my books, who told him that he could get the information in the American Pastry Cook at a much lower price. The man of B— did not want it that way, however, but wanted to pay a hundred and fifty dollars for some reason or other, and my young man ought to have been bolder, stayed with him, shown him how and collected the money on the spot, but he hesitated and referred the matter to me. Undoubtedly, the B— man is quite right. He is in the ice cream business, and the knowledge he seeks will be worth a hundred and fifty dollars, and he ought to pay it, and if he is a man of his word, after he has read this article and tried my directions, he may please send his hundred and fifty dollars right straight to the office, where I will duly acknowledge the receipt with the customary thanks and a hope to receive further favors.

It will be supposed that a man, who is anxious to pay a hundred and fifty dollars for a substitute for cream, has no motive but to use a cheap imitation instead of the dearer genuine article, but as he is to pay me such a respectable fee he shall be defended against such an imputation. He cannot get enough real cream for the requirements of his business; what he does get, is not uniformly good; some of it is just on the point of turning sour when it comes; some, having been kept too long, has a flavor of mouldiness; the larger portion is so thin that he can hardly tell it from new milk. This is always the way with the products of nature, they lack uniformity, they are subject to great variations of quality and appearance; on the other hand, the products of art are always un-

der control of the artist, who can make them always alike or vary them at pleasure. Cooks can make artificial cream, therefore they are artists. The B— man wants to be an artist, and offers a hundred and fifty dollars. Besides that, to freeze real cream is the lazy man's way; anybody can pour pure cream cold into the freezer (if they can only get the cream) with the requisite amount of sugar and flavoring, and freeze it with such ease as to hardly miss the time; but to make artificial cream requires one to be industrious, and industry is always praiseworthy; the B— man wants to know the industrious way, and says he will pay a hundred and fifty dollars, here it is:

To make 4 gallons of artificial cream, which will be 6 gallons of ice cream after freezing, take

- 4 gallons of new milk.
- 7 pounds of granulated sugar.
- $\frac{3}{4}$  pound of corn starch.
- 24 yolks of eggs.

Set half the milk over the fire to boil with all the sugar in it. Mix the starch in a pan with a quart of the remaining cold milk, then drop in the raw yolks and beat to mix. When the milk on the fire boils, pour about a quart of it into the starch and egg mixture, then turn these into the boiling milk and at once remove the kettle from the fire, for the heat is sufficient to cook the starch and eggs. Add the cold milk and strain into the freezer.

It is required that our artificial cream shall beat up as well as real cream, that is, become light and foamy, increase in volume and fill the freezer. This it will do perfectly, when only lightly cooked, as above directed. The boiling milk cooks the starch and half cooks the yolks so that they beat up by the motion of the freezer as light as sponge cake. But to beat up this or any other cream requires rapid motion. It is most perfect where the freezer is run by steam power, otherwise the old fashioned paddle should be used to finish, and when the artificial cream is so beaten up light, it cannot be known from real cream, that is from good fresh cream that is neither sour or mouldy, and if the two are tried together it will generally receive the preference by the taste alone. If that is not enough, and something that will beat up better than cream be wanted, then take the whites of the eggs, beat them up stiff when the cream is nearly frozen and mix them in, and continue beating and freezing and the cream will raise the lid presently and foam all over. Please remit.

**To be Tried.**—It has been imparted to me as a secret worth knowing that a peculiarly delicious ice cream can be made of new milk which has rennet mixed with it, as if it were to be made into cheese, but it is not to be allowed to become thoroughly curdled. Somebody wanting a specialty in ice cream should try it. Something about milk and rennet can be found in this book, in connection with English cheese cakes and cream curd puddings.

**About Prepared Almond Paste.**—It is a pity to have to say it, but the ready-prepared almond paste, which can be bought in tin cans at about 25 cents per pound and makes such delicious macaroons, almond icing and almond ice cream, has been unfavorably mentioned by the chemists as being adulterated with prussic acid, which is a poison. However, it is the same poisonous prussic acid which gives the flavor to such fruits as the peach, apricot, cherry and plum, its flavor is strongest in peach kernels, yet these are never known to injure anybody, the quantity of the drug being too small to have any hurtful effect; it is prussic acid which gives the bitter flavor to peach leaves, laurel leaves and the bay leaves, which are so much used for seasoning. Almond paste, if used at all, should be used sparingly and not with the excess which some pastry cooks practice because they find almond ice cream is a great favorite. Buyers of almond paste should deal only with reputable manufacturers. It is made, when genuine, of a mixture of sweet and bitter almonds, and is not hurtful, but cannot be so low-priced as an imitation flavored with drugs.

**To Use Almond Paste,** shave it off the lump thinly, mix the shavings with granulated sugar and roll them together on the slab or table until the paste is thoroughly divided amongst the sugar, then use the sugar to make what is wanted.

**Another Plum Pudding.**—This receipt makes one good-sized pudding: Take half a pound of breadcrumbs, half a pound of flour, half a pound of beef suet chopped very fine, two ounces of sweet almonds cut in fillets, one pound of currants, one pound of raisins (stoned), eight ounces of lemon-peel cut in thin stripes, two ounces of citron-peel, four ounces of brown raw sugar, the zest and juice of one lemon; mix well together with eight eggs and a wineglass of brandy; boil six hours, and hang up in the larder till required; then boil up again for two or three hours—an hour or two will in no way

injure a good plum-pudding—and always serve very hot, with brandy or rum sauce, as the case may be.

#### Bakers' Cheap Cup Cakes.

4 pounds butter.

6 pounds sugar.

32 eggs.

2 quarts milk.

2 quarts water.

4 ounces ammonia.

12 pounds flour, or enough to make dough a little thinner than pound cake. Mix like pound cake, adding the milk and water after the eggs, and flour and ammonia or powder last. Weigh off three-ounce cakes in small moulds.

#### Bakers' Lady Fingers.

1 pound sugar.

10 eggs.

1 pound flour.

Beat the eggs (not separated) and the sugar together for half an hour, stir in the flour lightly. Directions for forming and baking will be found in this book. This is a harder, less delicate and more serviceable kind than the receipts in the following pages.

**Why these "Notes" are Written.**—As fast as any new thing comes up or any old and well-known thing is newly found out to be specially good for hotel use, I try to get it into these books as new editions are being printed. The following letter will please some readers, and pleases me because it shows up what I have always contended for, that it is better to have a few special good things that everybody likes than to have a hundred or thousand far-away, strange dishes that nobody appreciates; this friend wanted the one receipt for "Popovers" worse than he wanted the whole book besides, and expense is no object when a man wants a specialty. This receipt can be found in *Cooking for Profit* and in the new edition of the *Family Cook Book*, in one of which the man from Ohio had it and now it is in this volume, also.

—, Kans., Dec. 9, 1887.

MR. J. WHITEHEAD.

**Dear Sir:**—About one month ago I sent for one of your *Pastry Cook* books, to find out of what and how to make the so-called *Popovers*; they are a batter with eggs, and bake in a pudding cup about 3 inches high, when baked they crack open and are hollow in centre and brown



in color. Some Ohio man has made them here and are very often called for. It is not in the American Pastry Book, or, if so, cannot find it. If you understand what I mean, please let me know at once, and if extra charges send it C. O. D. by express.

Yours Truly

C——

N. B.—Please attend at once.

**Popovers, or German Puffs.**—These puffs are among the culinary curiosities, as they have neither powder nor any other raising material in them, yet they rise high above the tops of the cups and become quite hollow—if not spoiled by too much flour. Good, rich milk should be used to make them. The batter may be kept an hour or two after mixing and little batches of puffs baked fresh as wanted, and the last will be as good as the first.

2 eggs.

1 pint of milk—or 2 cups.

10 ounces of flour—or two slightly rounded cups.

Salt, a small teaspoonful.

Break the eggs into a bowl, beat them light and keep adding the milk while beating. That takes about five minutes. Add the salt, then the flour all at once and beat it smooth like cream.

Bake in cups or deep muffin pans well buttered, and only half fill them with the batter. Bake in a moderate oven about half an hour.

**Scotch Slices.**—This favorite kind of cake, and likewise “aniseed slices,” “caraway slices” and other names given by different bakers, are all made of *Scotch shortbread*, as follows:

1 pound of flour.

$\frac{1}{2}$  pound of butter.

$\frac{1}{2}$  pound of sugar.

2 eggs.

Rub the butter into the flour, stir the eggs in the sugar until it is partly dissolved, mix all together. It makes dough that can be rolled out and will be a trifle lighter for not being kneaded too much.

To make Scotch or caraway slices, mix in a tablespoonful or two of caraway seeds, for aniseed slices use aniseed, for German slices use coriander seed. Roll the dough into a long roll, place on the baking pan and flatten it down to about an inch thick, bake with a dredging of sugar on top. When baked, cut off slices as

from a loaf and serve with other kinds in the cake baskets.

L. E. B., Ogdensburg, writes: “Can you tell me what use to make of surplus yolks of eggs? You do not mention but one kind of cake made with yolks. I am employed in a fine bakery or confectionery, and sometimes have several quarts of yolks left over in a week and have to throw them away spoiled.”

Ans. If you were doing hotel work you would find, on the contrary, the whites would be left over, there being so many more uses for the yolks. The yolk contains all the richness of the eggs, and gives color, flavor and smoothness to puddings, cream custards and sweet sauces, better alone than with the whites mixed in. We use the yolks also in fish sauces, salad dressings, in potato and other croquettes, also minced for an ornamental garnish, mixed with flour for “noodles” and with batter for another kind of soup, also thicken soups with them, instead of flour or starch, and steam yolks in bulk like a cake, then cut up and use them as we would chicken meat for patties. We rub cooked yolks through a sieve making a sort of vermicelli, to serve with some dish, and we drop them whole, also, into soup to substitute turtle eggs. We cut them up and mix with chicken meat, mushrooms and sauce to fill the shells of fried bread with, and if there are any raw yolks left over after that, we mix them in the waffle batter. In a good bakery you will find nearly as many uses for this the best part of the egg, no matter how many may be left over, from your using the whites in meringues, macaroons, icing, etc., for the yolks may be mixed with water and used the same as whole eggs. Take a pint measure about two-thirds full of yolks, fill it up with water and you have a pint of eggs, which is a pound, or equal to ten eggs, and the mixture of yolks and water can be used in making almost any sort of cakes, the only difference observable being that they are yellower and richer than if whole eggs are employed. In this way you can utilize the yolks in all sorts of small cakes, in French coffee cakes, buns, rusks, tea-cakes, and in the sorts of sponge cakes and jelly rolls which are made light with powder instead of whipped whites. If you make ice creams, they alone—that is the fancy kinds—should use up all of that material you can have to spare, and another good purpose to put surplus egg-yolks to is to mix them with lemon or orange syrup and a little butter and stir the mixture over the fire until it thickens into a jam, very good to fill tartlets. If after that any yolks of eggs remain on hand, put them in the lemon and pumpkin pies.

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❖\*ICES\*❖

PIES, PATTIES, CAKES, CREAMS, CUSTARDS, CHARLOTTEs, JELLIES,  
AND SWEET ENTREMETS IN VARIETY;

BEING A PART OF THE  
"OVEN AND RANGE" SERIES

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BY  
JESSUP WHITEHEAD.

1894.



Div. of  
California

FIELD BOOK

FIELD NO.

DATE

LOCALITY

PLANT

COLLECTOR

DESCRIPTION

REMARKS

# THE AMERICAN PASTRY COOK.

## 1. Angel Food, or White Sponge Cake.

11 whites of eggs.

10 ounces of fine granulated sugar—all that can be shaken and heaped on a cup.

5 ounces of flour—a cup moderately heaped.

2 rounded teaspoonfuls of cream of tartar.

2 teaspoonfuls of vanilla or lemon extract.

Get two pans together, put the cream of tartar into the flour and mix them by sifting out of one pan into the other six or seven times.

Whip the whites firm enough to bear up an egg, put in the sugar, beat a few seconds, add the flavoring, then stir in the flour lightly without beating. When the flour is mixed in fairly out of sight it is finished. As soon as mixed put the cake in the oven. It needs careful baking like a meringue in a slack oven and should stay in from 20 to 30 minutes. A deep smooth mold with an unusually large tube is the best, but any other will do. The mold should not be greased, but when the cake is done turn it upside down, the tube or something else holding it up to let the air in, and leave it to get cold before trying to take it out. Then cover it with the plain sugar glaze of the next receipt.

The rule for angel food in large quantities is a pound of sugar, a pound of whites, half a pound of flour and an ounce of cream tartar.

Angel food, as this peculiarly white and light sponge cake is fancifully named has quite a history to be recorded. It originated in St. Louis a few years ago and is seen oftener in the hotel bills of fare of that city than anywhere else. S. Sides, who kept a large cafe or restaurant there invented it and did not fail to make the most of his discovery, and it soon came into such great demand that not only was no fine party supper complete without it but it was shipped to distant cities, orders coming even from London. For some time the method of making it was kept a profound secret but at length the inventor yielded so far as to sell the receipt for twenty-five dollars, having it understood that it could not be made without a certain powder that could be obtained from him alone. It did not take long to discover that the powder was nothing but cream of tartar and the receipt once communicated gradually became common property. Many of the caterers for parties make a specialty of it, for it is still sufficiently difficult to make always alike to prevent its becoming utterly common, and a considerable number of the cakes are sent out packed

in boxes to surrounding towns, and occasionally to the east and south. The difficulty such as it is, that makes the caterers say this cake has been more trouble to them than anything else, and leads to the use of special molds to bake it in is the tendency to fall in at the centre after baking. The mold not being greased holds the cake up to its shape until cold. The lamb's-wool texture of it may be made finer by stirring after the flour is added. The cake will be better when a day old than when first baked, but to keep the outside from drying and to make it better eating, as it has no richness in its ingredients, it is always covered with a flavored sugar glaze or icing. It may have no direct connection with it, but Sides, who originated angel food, afterwards lost his reason and was taken to an insane asylum, his wife continuing the business he established.

## 2. Pearl Glaze for Angel Food, etc.

1 cupful of icing sugar.

2 whites of eggs.

2 teaspoonfuls of flavoring extract.

Mix them together in a bowl. As soon as the sugar is fairly wetted it is ready but may be whitened by beating one minute. It dries pearl white; takes but a few minutes to prepare. Spread it over the bottom and sides of angel food. It also gives a rich transparent sort of eatable appearance to the top of a fine jelly cake, and shows up ornaments of finished white icing finely.

It does nearly as well with the sugar only slightly wetted with water instead of white of egg, when it is to be spread on pastry, as the sugar dries white. It can also be colored pink, or with chocolate, or made yellow by mixing with yolk of egg.

## 3. Eight-Egg Sponge Cake.

1 pound of fine granulated sugar—2 rounded cups.

8 eggs.

6 tablespoonfuls of water—small  $\frac{1}{2}$  cup.

12 ounces of flour—3 rounded cups.

Separate the eggs, the white into a bowl, the yolks into the mixing pan. Put the water and sugar in with the yolks and beat them ten minutes, until they are a thick light batter. Have the flour ready. Whip the whites to a very firm froth, then mix the flour with the yolk mixture and stir the whites in last. Bake in molds either large or small. Good for large and small sponge cakes and lady fingers.



### 4. White Jelly Roll.

The angel food cake does not answer to roll up, but nearly the same ingredients put together in another way make a fine roll and also white cake lining for charlotte-russe.

10 ounces of granulated sugar—a heaping cupful.

12 ounces of whites of eggs—13 whites.

6 ounces of flour—a heaping cupful.

2 rounded teaspoonfuls cream of tartar.

Vanilla or lemon extract,

Put the sugar and white of eggs into a deep pan, pail or brass kettle and beat them together with the wire egg whisk for about 20 minutes. If beaten rapidly in a cool place the mixture will then be like good cake frosting. Then add the cream of tartar and flavoring and beat one minute longer, next, stir in the flour with a spoon. It should be baked immediately. Lay a sheet of blank paper on the largest baking pan, spread the cake only just thick enough to hide the paper, bake about six or eight minutes. Brush the paper over with water to get it off. Spread lemon or orange honey or red jelly on the cake and roll up.

### 5. Lady Cake.

14 ounces of granulated sugar.

12 ounces of butter.

12 ounces of white of eggs.

1 pound of flour.

2 teaspoonfuls of flavoring extracts.

$\frac{1}{2}$  teacup of milk.

The juice of one small lemon.

Use uncolored dairy butter. Warm the sugar and butter slightly and stir them till white and creamy. Add the egg whites a little at a time and after that the flour.

Don't beat the white of eggs before mixing, but beat the whole mixture thoroughly after the flour is in. Then mix in the lemon juice and flavoring and last of all the milk.

### 6. Delicate Cake.

14 ounces of granulated sugar.

12 ounces of butter,

12 ounces of white of eggs.

8 ounces of flour.

8 ounces of corn starch.

Juice of half a lemon.

2 teaspoonfuls of flavoring extracts.

$\frac{1}{2}$  cup of milk.

1 basting spoonful of brandy.

Don't beat the whites to a froth, but cream the butter and sugar together, add the whites by portions, then the starch and flour, and after them the lemon juice, milk, flavorings and brandy. Beat all together well.

### 7. Snow Cake.

14 ounces of granulated sugar.

12 ounces of white dairy butter.

1 pound of white of eggs—about 18 whites.

8 ounces of fine flour.

10 ounces of corn starch.

Juice of one lemon.

$\frac{1}{2}$  cupful of milk.

Flavoring extracts.

Little brandy.

Don't beat the whites to a froth. Cream the butter and sugar together, add the whites a little at a time, then the starch and flour, after that the lemon juice, flavorings and milk. Beat well.

### 8. Finest Chocolate Cake.

Melt 4 ounces of common chocolate by merely warming it in a cup set on the side of the range.

Make the snow cake mixture preceding, flavor it strongly with vanilla, and leave out the brandy. Pour in the melted chocolate and beat it in just before the milk.

### 9. Finest Wine Cake.

Make the snow cake mixture and leave out the milk. Instead of it mix in at the last nearly a small teacupful of madeira wine, with enough either of red strawberry syrup or of drops of carmine to make the cake *coulour de rose*, but only pale blush or peach bloom, not any dull red or purples for cake. The lemon juice is very necessary here; it changes red to bright pink.

### 10. Marble Cake.

Make either of the white cake mixtures, take out about half a cupful and color it light red with strawberry or currant syrup.

Butter a cake mould, flour it, and shake out the surplus flour, leaving the mould thinly coated. Drop lumps of cake batter in the mould with a teaspoon, paint them over with a knife dipped in the red batter, but without flattening or smoothing or running the lumps together. Drop more spoonfuls of the cake mixture in the hollows and paint them over with the knife blade dipped in red as before, and so fill the mould to within an inch of the top. There will be fine waving lines of pink through the cake when cut.

Chocolate and white can be used in the same way. The snow cake mixture is apt to be too soft to keep form by spoonfuls, unless quite cold.

"Luck" is the poorest possible ingredient in cake making. The same cause will always produce the same effect. The exact proportions that will make a splendid cake one time will make the same every time if put together the same way. The question is only to find the right proportions.

**11. Turkish Cake**

Fine chocolate cake with figs, almonds and raisins. The snow cake mixture will not bear up the fruit. Make the lady cake mixture, and add to it 4 ounces of chocolate melted by heat in a cup. Then prepare

8 ounces of chopped figs.

8 ounces of almonds blanched and split.

8 ounces of seedless raisins.

Flavor the prepared cake batter with vanilla and a little brandy. Dust the fruit with flour and stir it in.

What makes us think the ladies cannot make delicate cakes, for sure, just when they want them is the exhibition they sometimes make at a church fair where everybody contributes cake with their names on. They look awful—like a cake hospital.

**12. Almond Cake.**

Make the lady cake mixture—the first receipt of this series—and add to it a pound of almonds blanched (scalded and peeled) and split. Also use almond extract and rose extract to flavor with. Dust the almonds with flour. The snow cake mixture would be too delicate to bear up the almonds.

**13. White Raisin Cake.**

Like the preceding, with a pound of sultana seedless raisins instead of almonds, and flavor with lemon and extract of nutmegs. This is best baked in shallow pans in sheets; but of that more further on.

And it is for these church fairs or other public festivals the dwellers in the world of private houses try to succeed and show their best, if ever, but they seem to always fail.

**14. Queen Cake**

Made with the lady cake mixture, No. 5, except the milk.

1 pound of the greenest colored candied citron.

$\frac{1}{2}$  pound of almonds, blanched and split.

$\frac{1}{2}$  pound of sultana seedless raisins.

$\frac{1}{2}$  cup of sherry or maderia wine.

The citron to be cut in fine shreds and floured together with the almonds and raisins before mixing in. This mixture also makes small queen cakes, baked in little patty-pans, and these frosted on top are among the finest possible.

It is at these times they make the master of the house buy a cord of hickory wood and hire a man to saw it, because it makes such a nice steady heat to bake a cake with; and they send a boy on a horse

to a friend's in the country to get some "right fresh eggs," because there are none in the whole town good enough. Then they have Julia to dry the flour, and Betsey to wash and pound the butter, and Susan and her little sister to beat the eggs, and it is bad for the poor cat if she gets in the way. We fellows who live in bakeries don't positively know that these things take place, but have picked up such impressions someway. But we do know how the cakes look when they get to the fair.

**15. Hickory Nut Cake.**

8 ounces of sugar.

8 ounces of butter.

8 ounces of whites of eggs (9 whites.)

$\frac{1}{2}$  cupful of milk.

1 rounded teaspoonful of baking powder.

1 pound of flour.

12 ounces of hickory nut kernels.

Don't beat the whites to a froth. Warm the butter and sugar together and rub them to a cream the usual way, then add the eggs, then milk, powder, and the flour. When well mixed stir in the hickory nuts. Flavorings may be added at option. If brandy be used the baking powder should be left out.

**16.**

There is one cake marked "presented by Mrs. A." It rose one-sided. The top cracked all over, looked like all splits and gullies, and in the high side a crater opened and the lava kept rising and running and never would get cooked and stop, though all the rest of the cake was done hard long ago, and began to smell unpleasantly. That cake was poor, had too little butter and too much eggs, milk and flour, and probably was not put into bake for some hours after the batter was mixed. There is another "presented by Miss B." It rose and rose, flat-topped and even, but never got above the edge of the cake mould. It leaked over the top and hung in strings, and fell on the stove bottom and made a smell, and when it got tired of that it just sunk down and down again. That had too much sugar.

**17. Dream Cake.**

In a city that we know of there is an entire side of a building in a fashionable neighborhood painted in large letters with the words "celebrated dream cake." Evidently it was the aim to rival the fame of "angel food," and this is certainly better eating, although scarcely so extremely white.

1 pound of granulated sugar—2 cups.

$\frac{1}{2}$  pound of butter—1 cup.

12 whites of eggs—1 $\frac{1}{2}$  cup.

$\frac{1}{2}$  pint of milk—1 cup.

2 rounded teaspoons baking powder



1 rounded teaspoon cream tartar.

Vanilla or lemon extract.

1 pound good weight of flour—4 cups.

Sift the flour, powder and cream tartar together three or four times over.

Soften the butter and stir it and the sugar together until white and creamy, gradually stir in the milk, tepid, and a handful of flour to keep them from separating. Whip the whites to froth, and add part whites and part flour until all are in, and flavoring extract at same time. Bake either in cake moulds or shallow pans and frost over when done.

### Kossuth Cakes.

Make sponge drops large and thick, hollow out the bottoms, put in whipped cream or pastry cream, place two together and with a fork dip them in melted sweet chocolate or chocolate icing and set on tins to dry. A specialty of Baltimore confectioners. Sell at about a dollar a dozen.

### 18. Ordinary White Cake.

1 pound of sugar.

8 ounces of butter, melted.

10 whites of eggs.

1 cupful of milk.

2 teaspoonfuls of baking powder.

1½ pounds of flour.

Beat the sugar, melted butter and whites all together a minute or two, add the milk, powder, flour and flavor.

Now, if we had to make cakes in some place where people took notice and made remarks and said we did not know much about making good things in hotels nohow, and if they couldn't do better they would sell out, we should want to make the snow cake as beautiful and white as cotton batting, bake it thin in jelly cake pans, spread some of the richest confections between the cakes, and ice the top, having the cake and the icing so near alike in whiteness as to be hardly distinguishable apart.

### 19. Pistachio Cream Cake.

8 ounces of pistachio nuts, blanched and chopped.

8 ounces of sugar.

½ cupful of water.

2 ounces of butter.

Whites of four eggs.

Green juice from pounded spinach leaves for coloring.

3 jelly cake sheets of snow cake.

Boil the sugar and water to thick syrup, throw in the butter, then the pistachio nuts, boil five minutes; then stir in the white of eggs and take it off when they thicken. Color it a little deeper than pistachio green. Spread this when cold between the three sheets of cake.

### 20. Havana Cream Cake.

8 ounces of fresh grated cocoanut.

1 pound of sugar.

4 large oranges.

2 lemons.

4 ounces of butter.

6 yolks and 2 whole eggs.

Grate the rinds and squeeze the juice of the oranges and lemons into the sugar and bring it to a boil, making a flavored syrup. Throw in the butter, then the cocoanut, and boil 5 minutes. Stir in the eggs and cook slowly till thick. Spread between layers of snow cake.

Then they are strange the way they exclaim when they burn up a cake in the stove. Once we heard a lady sing, "Gee woicks gee whilikens, the dordrotted thing's gone blackernaniggerbaby!" That was at the toll house at Shippingsport near Louisville, as we were going through the locks twenty-seven years ago last anniversary, and anybody could know it was a cake burnt up by the black smell that came across the canal. Now one of us fellows would only have remarked dam kind of quietly and lighted our pipe. In fact, you have to bake these white cake sheets with scarcely any color at all to look well with colored creams between and icing on top.

### 21. Glazed Cakes.

We use the term for cakes glazed over with boiled icings of different colors to make a distinction from the usual iced or frosted cakes with raw sugar icing. All the richness of cream candy bon-bons belongs to these; they are better to cut, better to look at and better to eat than the common, and after a very little practice are quicker made and dry immediately.

### 22. Yellow Glaze or Boiled Icing.

1 pound of granulated sugar.

½ teacupful of water.

6 yolks of eggs.

Flavoring extracts.

Boil the sugar and water, without stirring, for 5 minutes or more, or till a drop of the syrup in cold water sets so that it can hardly be flattened between the finger and thumb. A deep bowl-shaped saucepan holding one quart should be used. Have the yolks slightly beaten ready in a bowl. Pour the bubbling syrup to the yolks quickly while you rapidly beat them with an egg beater. Return to the fire and keep stirring while it cooks a minute or two. It will then do to pour on sheets of cake and if the syrup was at the right point it will set hard and dry as soon as cold.

But it is better to finish by beating the glaze rapidly while it is cooling, and add the flavoring just as it becomes too thick to beat.

The above is the easiest of the kind to make, as it does not make so much difference what point the syrup is boiled to—it will dry on the cakes anyway.

### 23. White Glaze or Boiled Icing.

1 pound of granulated sugar.

$\frac{1}{2}$  teacupful of water.

4 whites of eggs.

Flavoring extracts.

Boil the sugar and water to a point thicker than for the yellow glaze, or till the drop in cold water sets hard and brittle. After the first mixing of the sugar and water these syrups should never be stirred—makes them turn to sugar. Don't beat the whites any more than enough to mix them. Pour the bubbling syrup to the whites, beating all the while. Set on the fire again and beat for a minute or two while it cooks. It is extremely liable to burn on the bottom.

Then set the saucepan in a pan of ice-water, and beat the icing with a Dover egg beater till it becomes thick. It will be of a dazzling whiteness at last. Can be flavored to suit the fancy. If boiled to right point sets hard as soon as spread or poured over the cake.

### 24. Rose Glaze or Boiled Icing.

Make the white glaze and color and flavor to suit, just as it begins to be so thick as to be hard to beat.

### 25. Chocolate Glaze or Boiled Icing.

1 pound of granulated sugar.

$\frac{1}{2}$  teacupful of water.

3 ounces of grated chocolate.—the common sort.

4 whole eggs.

Vanilla flavoring extract.

Boil the sugar and water together in a deep saucepan for five minutes, add the chocolate.

When a drop in cold water sets hard almost as candy stir in the eggs rapidly, beating all the while. Let cook about five minutes more with constant stirring. Flavor with vanilla. Beat more or less while it is cooling. Spread or pour it over sheets of cake.

The confectioners, too, like us to make these glaze cakes for their windows and show cases; they take pleasure when the cake is as white as the icing, and red jelly between the layers, in putting them in the front rank. Having 3 or 4 different kinds of glaze and sheets of the whitest cakes only about a third of an inch thick to cover with them you can cut them when set in squares or diamonds and triangles, red, white, yellow and chocolate, and they

make a very pretty stack. Besides, small cakes, such as sponge drops, can be dipped in the icings while hot and another assortment made, just the thing for ornamental baskets and pyramids.

### 26. Chocolate Glaze without Eggs.

1 pound of sugar.

$\frac{1}{2}$  teacupful of water.

4 ounces of common chocolate, grated.

Boil all together almost to candy point, flavor with vanilla when partly cooled, beat a short time, spread over the cake.

Colored syrup of fruit juice and sugar boiled down thick enough to bubble and rise in the saucepan can be used instead of icings to cover cake with a glassy surface.

### 27. Items about Puff Paste.

When puff-paste has been rolled out and folded up again 4 times it lies just like 2 quires of tissue paper piled alternately a yellow sheet with a white sheet—a sheet of butter and a sheet of paste, all of the same evenness and regularity from bottom to top. It is hard to get butter and dough to lie so equally, but that is what has to be tried for, and we have to show how to make them come so. If baked then the sheets of paste or dough would be as sharp as knife blades, and might cut the mouth of the rash person who should try to eat them, the butter having all run out into the baking pan. One more rolling and folding makes the layers two-thirds thinner, and eatable, and another rolling after that makes the layers thin enough to be blown away with the breath.

The reason of these unfinished sheets of paste being so sharp edged and continuous, is, there is no shortening rubbed into the flour when fine puff-paste is wanted—the layers of dough are nothing but flour and water. Rubbing part or all of the butter or lard into the flour dry makes short-paste, but not the marvellous, flaky, high-flying puff paste. Those who get their first instructions in home places never want to believe that.

Some people say it is a matter of light touch, a peculiar temperament, a something inherited that makes certain individuals always and easily successes at making puff-paste and others always failures. They say women make better paste than men. There is no grounds for such a distinction. The probability is, it is a matter of sense and study, of head work more than hand work. A giddy person does not make fine paste, but it is not their hand that's giddy, it's their head. It is cause and effect again, and some cannot see their relation. Some people cannot place rolls in straight rows in the pan, nor lay strips on pies diamond-wise.



It makes all the difference when a fresh cub comes in the kitchen to be pastry cook's boy, if he has been one of those young ones that stand with their chin on the kitchen table seeing their mother make pies.

The others are amusing green and awkward. They will pour a pint of water into a big pan of flour and then go feeling around for the lumps it makes, and pick them out one by one. They could not work the lump of dough they get that way without a sledge hammer, and pie dough has to be about as soft as mush. The way is to pour the water in a hole made in the middle of the flour, and gently stir it round with two fingers till it has gathered in flour enough so it can be lifted out of the pan on to the table, there to be worked smooth and fit to roll out.

The best puff-paste is that made in 10, 15 or 20 minutes, according to the quantity, when one has no time to spare for packing it between pans of pounded ice, or for other foolishness, when the butter has been worked smooth and pliable beforehand, and lies ready in a pan of ice-water—when the ice-water stands ready to mix with, the flour is cold and the oven is hot and waiting—then you turn out paste that puffs and rises high and dry and wholesome. The reason is the ingredients don't have time to get warm and soggy, and there is an immense amount of labor and trouble saved over the ice packing way. Still, of course, the same method is not practicable in every place.

When the plain, soft flour and water dough has been rolled out as if for cutting biscuits out of, but instead is covered all over with the required amount of butter in lumps, and then the dough is folded over it, the essential thing and the only difficult one is to get the dough and butter to roll out again and again at even pace. Soft butter will give way under the rolling-pin and leave its place, burst through, or out at the ends. It is of no use trying with really soft butter, but when it is of medium firmness the dough may be mixed very soft to match it, and good paste may be made. With the flour and water extremely cold, the butter often hardens in the paste instead of softening—that is success, whether done in one or two hours in an ice-chest or in ten minutes on a cold table. There is another difficulty in the way of even distribution—the more the dough is worked and rolled the tougher it becomes and springs back, while the butter does not. To overcome that, the paste is allowed to rest awhile after about three rollings, but it is better in warm weather to get along without such an interval, by not kneading the dough at all, and having it soft enough at the start. The experienced workman goes through a certain routine every day that meets all exigencies, and his work is always alike, while others talk about the luck and having a light hand for fine paste.

They make a great fuss—the people who make verses do—about the beauties of milking the cows; as if there were no flies and cows didn't kick! It is much more charming to be working the butter. We have seen them at summer resort houses. They go where the spring water runs cold, and work the lump of butter in a trough till it is just perfection to make puff paste with—though no dairy maid ever will let her fresh lump of butter go for such a purpose. We have to work the butter as well as the time allowable in the crowded forenoon permits by pounding it in a wooden bowl with a potato masher. Cold butter that is not so broken and made *pliable* is as bad as warm, for it will not be pressed out by rolling, but cuts its way through in lumps everywhere.

We have another newer and entirely different way of making fine leaf paste, but like this common way the best for meeting all the varied requirements of hotel work, and this is the formula.

## 28.

### Puff Paste.

1 pint of water (2 coffeecupfuls.)

Flour—all the water will take up.

Butter—from  $1\frac{1}{2}$  to 2 pounds.

Mix the flour and water to soft dough. Roll it out about an inch thick. Take half the butter and drop it in lumps the size of eggs upon the sheet of dough, the width of two fingers between each lump. Sift a little flour over, press the butter into the dough slightly, then fold the dough over in three. Roll out to the same thickness as before, distribute the remaining half of the butter over it, dredge, and fold over in three again, and count that one fold—the former folding with only half the butter in counts nothing, or “half a turn.” Always keep the dough rolled out to square shape and turn the broad side towards you after folding. Roll and fold till you have counted 6 times. Use plenty of flour under and over until the last rolling when the surplus should be swept off. It is then ready for use.

## 29.

After a few trials neither butter nor flour need be weighed—the rule of butter size of an egg two fingers apart is all that is wanted, and the amount to be made can be governed by the cups or dippers of water used.

## 30.

### Lard for Puff-Paste.

Then there is the question of expense. They hate to furnish first-rate butter enough to make good puff-paste; people are fond of pies and pastries, and it costs like sixty. There is little use in making paste as rich as it can be made anyway, except when it is for fancy articles—the tall puffed up edges of pies are oftenest thrown away with all their fine butter in them—only because people cannot eat

everything, and the middle of the pie goes first. Butter that is only just a little off does well enough, but butter that is bad spoils the whole article, filling and all, clear through. Good lard is far better than poor butter to make good eatable white and light pastry, and some sorts will make just as tall puff-paste as butter will. Oily and grainy lard will not; it has to be the firm, tough tenacious kind of dried out lard. The very best everyday kind of paste is made with half butter and half good firm lard. Then a little salt must be strewn over the lumps of laid after they are spread on the dough. Butter alone carries salt enough.

### 31. Compressed Lard.

The most wonderfully light and tall puff-paste, that beat butter pastry all hollow, used to be made in the times when lard oil was used in immense quantities before kerosene came in, of the stearine lard, the residue left after pressing out the oil. This was as hard as tallow, but of a different texture. Oil is the greatest enemy to puff-paste, and stearine contains none. Then we had vol-au vents that a small goose could be hid in, that rose several inches high of their own lightness.

It looks like the sweet fresh suet that comes in so plentifully with the fat loins of beef ought to be better for pastry than strong butter and miserable oily lard, and so it is, and comes next to the stearine lard mentioned above, but can only be used after going through a particular process. People try to use melted suet or tallow or drippings, and they mince raw suet and then pound it fine, but however good short paste these may make they will not produce puff-paste. The suet or tallow is always composed of hard grains that cut through and destroy the flakes. The proper process is something of a trade secret; a good thing for those who work for themselves to save butter by.

### 32. To Prepare Suet for Making Puff-Paste.

Cut the suet very small, leaving out all dark meat stained pieces, and set on the side of the range in a boiler with plenty of hot water. The suet must not boil but steep in scalding water for a few hours. Then pour water and all into a large strainer with a bottom of perforated tin—a gravy strainer—and rub the fat through with a potato masher. Get a pan of broken ice and water and a little salt in it, and dip the strained fat by ladlefuls into it, stirring the ice about at the same time. The fat sets instantly on falling into the cold water in crumbs like meal. Gather it by straining, press it together and pound it with a masher in a bowl as you would butter. Salt it for use.

Some years ago—about the close of the war—the writer had a friendly contention with a fine cook who made splendid pastry, as to whether as fine puff paste could not be made by the old-fashioned way just explained, as by this following. It was finally decided, after both ways had been tested to the utmost, that there was no difference in the results, but there are certain every-day work considerations in favor of the old way. The leaf paste is fine for fancy tarts. The workman who would be perfect in his trade will practice both. It's bad to have a fellow come along and beat you.

### 33. French Puff Paste or Feuilletage.

It is requisite to have the butter very firm and free from water, and those who wish to have very superior pastry will use the very finest flour.

Weigh your butter and flour in equal proportions, cut the butter into thin slices, take a little flour and roll it with a slice of butter into flakes, proceed thus until all the butter and flour are rolled together; gather the flakes into a heap, and sprinkle them with water, about a gill and a half is required for a pound of paste. Make into a smooth paste with the hand, and then roll it out to the thickness of half an inch. If a pound of paste, divide it into four parts, flour the board and roll out each part as thin as a wafer, fold over four or five times, and use as required. Bake as soon as possible.

Then try this, and hold fast that which you succeed with the best.

### 34. Fine Leaf Paste. Ten-Minute Paste.

1 pound of cold butter.

1 pound of cold flour.

$\frac{1}{2}$  pint of ice-water—a coffecupful.

Cut the butter into pieces size of walnuts and put them in a vessel containing broken ice and water some time before using, to become very hard and cold.

Sift the flour into a pan and lay aside a handful to dust with. Throw in the lumps of butter, mix them with the dry flour, pour in the ice water and shake altogether, merely getting the flour dampened and stuck to the lumps of butter, without kneading or pressing. Scrape out the contents of the pan on to the table well floured, press it up together and then roll it out with all the force necessary to break the lumps of butter, and spread all out to a thin sheet. Now loosen it from the table with the palette knife and roll it up like a roly-poly pudding, and count 1. Roll it out again to half an inch, fold over in three like ordinary paste and count 2, and so roll and fold in three till you have counted 6 foldings. But when half done it should have an interval of 5 or 10 minutes to stand in a cold place and lose its elasticity.



**35. Lemon Pie. Best Hotel Kind.**

- 1 pound of white sugar.
- 5 lemons.
- 1 quart of water or milk.
- 2 ounces of corn starch.
- 15 yolks of eggs—or 8 whole eggs.
- 1 ounce of butter.

Put the sugar in a saucepan, grate in the lemon rinds—the yellow only—and squeeze in the juice without the bitter seeds. Pour in the water and set the saucepan on to boil. Mix the 2 tablespoonfuls of starch with a little cold water, pour it into the saucepan when the syrup is boiling and immediately take it off the fire. Then mix in the yolks slightly beaten—and the butter. They are not to be cooked in it. Bake in pie pans lined with puff-paste rolled out thin. Sift powdered sugar over the pies when done, or else meringue over with the white of eggs and sugar.

Can one advocate simplicity and short bills of fare and a few things well cooked, and then give six ways of making lemon pies and other things similar? Yes. Not for one person to make the same thing six ways so much as for six persons to pick out the method that suits their particular circumstances and style of table they cook for. And as with pie mixture so with many other things in this book. For the cheapest covered lemon pie of the great baker—see No. 263.

**36. Club House Lemon Pie.**

- 20 ounces of sugar.
- 9 large lemons.
- 1½ pints of rich cream.
- 18 yolks of eggs.
- 6 whites.

Place the sugar in a large bowl and grate the lemon rinds into it, using a tin grater, and then squeeze in the juice. Beat the yolks of eggs light and mix the cream with them; pour this to the lemon and sugar, and just before filling the pie crusts with the mixture whip the 6 whites to a froth and stir them in. No meringue needed for this rich acid kind.

**37. Lemon Pie. Southern.**

- 2 pounds of sugar.
- 1 pint of water.
- 9 lemons.
- 2 ounces of butter.
- 12 eggs.

Cut 3 of the lemons in thin slices and keep them to strew in the pies when filled. Grate the others into the sugar, squeeze in the juice, add water, make the mixture hot to draw the lemon flavor, then mix in the eggs well beaten. Let the lemon slices float in the pies; bake, and sift powdered sugar over when done.

**38. Lemon Butter Pie or Tart. Richest.**

- 1 pound of sugar.
- 5 lemons.
- 4 ounces of butter.
- 8 yolks of eggs.
- 1 whole egg.

Make a boiling lemon syrup of the sugar, grated rinds and juice of the lemons—no water needed—and throw in the butter. When that is melted stir in the eggs. Let simmer on the range about 10 minutes.

Make the pies small, the paste rolled very thin, and bake dry.

**39. Lemon Butter. Baker's Way.**

- Good for pies, jelly cakes, tarts, turnovers, etc.
- 5 or six lemons.
- 1 pound of sugar.
- 1 cupful of water.
- 2 ounces of butter.
- 2 ounces of flour.
- 6 eggs.

Set the water on to boil with the grated lemon rinds and juice in it, and the butter. Mix flour and sugar together dry, beat them in the boiling liquor then add the eggs and stir over the fire 10 minutes.

**40. Lemon Tarts without Fruit.**

- 6 ounces of bread or cracker crumbs.
- 1 quart of water.
- 1 pound of sugar.
- 1 rounded teaspoonful of tartaric acid.
- 2 tablespoonfuls of lemon extract.
- 5 eggs or ten yolks for richer color.

Mix all the ingredients together cold. The imitation of lemon mixture is very close, and the pie is better than the real that is sometimes made with green and bitter lemons.

**41. Peach Flan.**

Said to have been for a few years a specialty, in the peach season, at a large hotel at Put-in-Bay, since burned down.

Cover a shallow baking-pan with bottom crust of good pie paste, nearly cover that with quartered peaches—in the same style as bakers' apple cake—then fill up with custard made the same as for custard pie and bake slowly. Cut in squares when done and serve instead of pudding. It is necessary to place the pan in the oven before filling and add the custard by means of a long handled dipper. When they are soft, ripe peaches they need no previous cooking, but if hard must be stewed first

**42. Imitation Lemon Pie. Acid Pie.**

- 6 ounces of bread or cracker crumbs.
- 1 quart of water.
- 1 pound of sugar.
- 1 rounded teaspoonful of tartaric acid.
- 2 tablespoonsful of lemon extract.
- 5 eggs, or 10 yolks for richer color,

Mix all the ingredients together cold. The imitation of lemon mixture is very close and the pie is better than the real that is sometimes made with green and bitter lemons.

It is not everyone that calls himself a pastry cook can turn out hotel pies artistically, and however much the casual reader who thinks of pie only as something to eat may be amused at the idea we assure him there are possibilities of taking high position among the other things of beauty on the wealthy table for the hotel pie which do not exist for the private house pie, or the baker's pie, or if they do are so remote it will take ages of domestic pie culture to bring them in sight. The experienced hotel steward knows now instantly when he has secured a fully developed hotel or fine steamboat pie maker. Your baker trained to work for the hungry pie eater rather than for the luxurious admirers of beautiful pies covers every pie with a top crust, which is the first sign, but the great sign of his standing is set up when he takes both hands and cuts off the pastry by pressing against the edge of the plate, whirling the pie round at the same time. Why should he make or wish to make fine leaf paste to press and mash in that way? But your first-class pastry cook having made his paste so that the flakes will rise and open as distinct and separate as the leaves of a rose and of a thinness more impalpable than that, no matter how rapidly he may work, will roll evenly, throw it on the pie pan lightly, shake it down to place with a little jar upon the table, take it up on the fingers of the left hand and cut around with a sharp knife, not leaving the least sign of pressure, finger mark or drag or tear about it. These pies though having tall flake-piled edges are pretty sure to be almost as dry and free from grease as flaky biscuits and quite wholesome both to eat and to see. If people say that hotel pies are not so we reply that it is because the pastry art is somewhat difficult and there are few masters of it, the beginners are slow to get hold of the fine touches and the hotels are full of half taught beginners. We don't know anything about the private houses, and these remarks make no invidious reflections upon the household pie. With both bottom and top crust rolled thin and powdered sugar on top it is good. But the hotel pie contemplates life from a different stand point and like all the products of high art it is somewhat aristocratic.

Literature is cheap and common—you can buy a rare classic for ten cents—the best thoughts of the best writers for a nickel—imitations not to be detected of the rarest gems for a dollar or two—but the ideal hotel pie is only for the few.

So careful and tender is the good workman of his leaf paste that he slants the knife outwards when cutting that the paste may be wide and make a broad edge; and that broad edge he notches with a sharp knife in the places where the pie is to be divided, lest with a rude pressure somebody will crush and spoil the flakes in cutting the pie after it is baked.

Greatest country, tallest mountains, longest rivers, biggest pies.

**43. Meringue for Lemon Pies.**

The secret of making the meringue or frosting stand tall and thick on the pies is in the baking. Whip the whites of eggs to a froth that will not fall out of the bowl or pail when turned upside down, put in about a tablespoonful of granulated sugar for each white, stir very little, spread it on the pies when they are just done and still baking hot without taking them out of the oven, and let them bake with the door open. If made hot enough to brown the meringue will surely fall and become worse than nothing. 5 to 10 minutes is enough to bake the meringue dry and straw-colored. Sift granulated sugar on top of the meringue as soon as spread, before baking, to form a rich appearing crust for variety.

**44. Cocoanut Custard Pie.**

Make a common plain custard of 1 quart of milk, 6 or 8 eggs and 6 ounces of sugar, then mix in 8 to 12 ounces of grated cocoanut. Bake in crusts.

**45. Cocoanut Pie. Hotel Ordinary,**

- 1 quart of milk.
- 6 ounces of sugar.
- 2 ounces of corn starch.
- 1 ounce of butter.
- 8 ounces of grated cocoanut.
- 6 eggs.

Boil the milk, mix the starch in the sugar dry and stir them in and the butter and cocoanut, and then take the mixture from the fire. Stir in the eggs after it has cooled a little. The eggs should be beaten quite light first. Sift powdered sugar over the pies after baking.

For cocoanut meringue pie make the preceding mixture with 12 yolks of eggs and take the whites to beat up for the meringue. Strew cocoanut on top before baking.



**46. White Cocomanut Pie.**

The same mixture as the above made very delicate and snow white by letting it become cold and then stirring in instead of yolks 12 or 14 whites of eggs whipped to a froth, and a slight flavoring of rose and orange. Sift powdered sugar over when done. Good to fill in paste lined patty pans for gem-tarts, very light baked. Good to use up white of eggs left over

**47. Orange Pie.**

Generally made with the object of using up a surplus of perishable fruit.

Peel half the number of oranges required. With a very sharp knife slice them across the core, throw out the seeds, lay the slices over the bottoms of paste-lined pie pans alternately with slices of unpeeled oranges. Strow sugar over and pour over that a cooking-spoonful of red wine. Bake slowly till the juice is become thick syrup.

Cocomanut and lemon juice may be mixed with or strewn over the above. Orange pies can be made by the lemon pie receipts, and with part lemons.

**48. Orange Butter Pie.**

- 8 ounces of sugar.
- 8 ounces of best fresh butter.
- 9 eggs.
- 2 oranges.

Grate the rinds and squeeze the juice of the oranges into the sugar in a deep saucepan, put in the butter and then the eggs slightly beaten. Set the mixture over the fire and stir it till it becomes thick and ropy, like melted cheese. It may lessen the trouble, and danger of burning on the bottom to set it in a large saucepan containing boiling water. When done beat the mixture with an egg whisk a few minutes. The cooking of this mixture causes it to remain light and thick and rounded in the pies or tarts after baking, instead of falling and becoming waxy as it otherwise would do. Bake in a very slow oven or with a pan on the shelf above to ward off the heat.

**49. Orange Dariole Filling. Richest.**

Requires deep pans for baking in as it flows over ordinary rims.

- 1 pound of sugar.
- 8 ounces of butter.
- 4 oranges.
- 10 eggs.

Grate and squeeze the oranges into the sugar, add the butter and eggs and cook the mixture thick over

the fire with constant stirring. Let it cool and then beat it light before lining the crusts.

And yet some worthy hopefuls having seen pie edges stand two inches high in distinct flakes while weighing next to nothing, will do their brave endeavors too, and lay a double edge on theirs, making a band of paste to place on the rim of the plate first, washed with egg, and the proper pie crust laid on top. That is all wrong. We told them they could not make our hotel pies. For if the airiest crust that can be laid on a pie edge will hardly be eaten is it not folly to double the weight and substance? Puff-paste perfectly made will rise high enough from one layer only from an eighth to a quarter inch thick. If it will not then it will not when doubled in thickness. And, besides, how much valuable time is wasted from better work, putting a useless double edge on the pies.

**50. Apple Cream Pie.****Marlborough Pudding or Pie.**

- 1 pint of stewed apples.
- 8 ounces of sugar.
- 1 cupful of milk.
- 4 ounces of butter.
- 4 eggs.
- Little sherry wine and nutmeg.
- Mix all together. Bake in crusts.

**51. Apple Custard Pie or Pudding.**

- 1 quart of dry stewed apples.
- 12 ounces of sugar.
- 3 ounces of butter.
- 8 yolks of eggs.
- Juice and rind of 1 lemon and nutmeg.

The apples should be stewed with as little water as possible with the steam shut in. Mash them through a strainer. Cook the pulp over the fire with the sugar and butter in and then add the beaten yolks and flavor. Bake in crusts.

And where it is so requisite to have the fine flakes of puff-paste lie straight and undisturbed care must be taken in handling the small portions when rolling out pie crusts. Green people always will take the trimmings of the last pie and work and knead and pound and press it to death. You musn't do that. Lay the scraps in layers in a pile loose on each other. Cut a chunk square and small from the large piece of paste and lay it on top of the scraps, then roll out to a quarter inch thickness. Now you don't want the bottom crust of the pie to be so thick as that—nobody wants to eat so much soggy under crust—but you do want that thickness for the edge. So double the sheet of paste over on itself in half.

and with the end of the rolling pin roll that part that will be the middle of the pie to half the thickness. You will of course have flour enough about it to prevent sticking together. Then open out the doubled sheet again and you have a hollow thin-bottomed sheet of paste just ready to fit the pie pan and with a thick edge to hold in the custards and lemon mixtures.

## 52. Apple Pies.

1. Pare the apples and slice them off the cores into a bright pan or brass kettle. To every pound allow on an average a quarter pound of white sugar and a cupful of water. Throw in 6 cloves or some lemon peel for flavor, shut with a tight lid and let stew slowly in the steam. Mash through a colander. Bake in open pies. Apples of poor quality that turn blue in cooking are often improved by the addition of the juice of a lemon.

2. Apples cored and quartered and stewed in flavored syrup like preserves without breaking may be filled into shell pies or vol au vents baked separately, as explained further on. For every pound of the apple quarters allow 6 ounces of sugar and half cup of water with cloves and lemon peel. Let the syrup boil first, throw in the apple quarters and shut in the steam. Simmer half an hour without stirring them.

3. Early green apples. Wash and steam them whole. Mash through a colander, add sugar, butter and cinnamon or nutmeg. Bake with a top crust. Powder sugar over when done.

4. Sliced apple pie. Use this way only the best ripe cooking apples. Pare and core them and slice them thin across the core. Fill paste-lined pie pans, about 2 layers deep. Thinly cover the apple slices with sugar and grate nutmeg over. Put in each pie butter size of a walnut and a large spoonful of water. Bake without a top crust slowly and dry. The apples become transparent and half candied.

## 53. Pineapple Cream Pie.

1 quart of pineapple either grated, or chopped and pounded.

12 ounces of sugar.

1 cupful of cream.

12 yolks of eggs.

Cook the pineapple pulp and sugar together a few minutes, add the cream and the yolks well beaten, bake in thin crusts. The same ingredients all stirred over the fire till cooked thick, make a pineapple cream to spread on layer cakes, and fill tarts.

## 54.

Cranberries have a better color cooked with the sugar. To a quart of cranberries allow a half pound of sugar, and water to cover the bottom of the vessel only, cook in their own steam about half an hour.

They scorch easily—should not be set in the hottest place. The juice that can be strained from them without mashing makes the brightest jelly when cold. Mash the rest through a colander for pies.

Strawberries should be put in the crusts raw and sugar strewn over. Canned strawberries should be strained from the juice and that boiled down with sugar to about half, and the fruit returned to it.

Peaches use same as apples, also for peach custard pie. The peach kernels stewed with the fruit heighten the flavor.

Gooseberries green require 12 ounces of sugar to a pound of fruit; they should be partly mashed with the back of a spoon for better mingling with the sweet.

Plums and such large fruits are not serviceable unless cut or broken. A can of currants or whortleberries will make five pies and the same sized can of plums only two or three.

Quinces give an improved flavor to apples stewed with them. Quince pies may be made by grating the fruit and mixing with sugar, or by stewing sliced quinces with water and lemon juice and then adding sugar to make a thin syrup. Best for shell pies. Bartlett pears make good pies. Some other varieties can be used like quinces.

Rhubarb should be cooked with only water enough to cover the bottom of the kettle, a half pound of brown sugar to a pound of the stalks spread over the top and the steam shut in.

Raspberries, currants, blackberries and all such fruits as are apt to become all juice should have the same avoidance of water as rhubarb and be cooked in their own steam.

Bananas and Plantains are made into pies in the South in the same manner as has been directed for sliced apple pies, with mace and wine or brandy added.

Tomatoes can be used in pies if boiled down with sugar. Scald and peel and let them drain of half their juice. To each pint of drained tomatoes allow 4 ounces of sugar and a little bruised race ginger. Stew down thick.

Figs either fresh or dried can be made into pies, cut up and stewed in syrup with a lemon or two and some butter.

‘That was like Macready at the Palladium. Ed. Forrest he quit the Palladium to go to the Athenaeum, and Ed had been throwing ‘em up some jam up punkin pies and a lot of the fellows that get up late in the morning after breakfast hours got to coming and saying ‘give me a punkin pie and some coffee and I can wait till dinner,’ and some of ‘em would eat two regular. So when Ed quit, all the boss could find on the town was Macready. He had to go on the night watch and there was about 75 pies to make before morning. So Mac. he goes to the night head waiter and says he, ‘Fruit’s all right but



say, how do you go to work to make a punkin pie? 'Well, the head waiter he growls and says he 'Oh, what do you take me for? who's hired night cook here—you or me?' So Mac goes to work and rolls out his pies and opens the cans of punkin and spoons 'em out into the crusts without no sweetenin' nor nothing and bakes 'em off. And along in the morning the fellows began to drop in and one of them gets up on the high stool to the lunch counter and says he 'give me my two punkin pies and coffee.' Well, sir, he took a bite and began to eat, and then he stopped with it in his mouth and studied like, and then he spit it out on the floor and says he what in the Halifax sort of a punkin pie is that anyhow. And the pie business was entirely broke up and Macready he got bounced."

### 55. Chocolate Cream Pie.

#### Fenchonettes au Chocolat.

1 quart of milk.  
8 ounces of sugar.  
4 ounces of flour.  
2 ounces of chocolate grated.  
2 ounces of butter.  
5 yolks of eggs.  
8 whites of eggs and 4 ounces of sugar for mer-  
ingue, and vanilla to flavor.

Boil the milk with the chocolate in it, and a little of the sugar to prevent burning on the bottom, mix the flour and rest of the sugar thoroughly together dry and beat them into it. Then add the butter and the yolks well beaten and take the mixture immediately from the fire. Bake in thin crusts of puff-paste. Whip the whites of eggs firm while the pies are baking, add the sugar and vanilla; spread over the pies still hot in the oven and bake with the oven door open a few minutes.

### 56. Lemon Cream Pie.

1 quart of milk.  
8 ounces of sugar.  
4 ounces of flour.  
1 ounce of butter.  
8 yolks of eggs.  
1 lemon, juice and rind, or lemon extract.  
Pinch of salt.  
Make as directed in preceding receipt, without the chocolate.

### 57. Cream Confiture, for Pies and Tarts.

1 pint of cream.  
10 eggs.  
1 pint of red currant jelly.  
Warm the jelly enough to just melt it and beat into it the eggs and cream. Bake in thin puff-paste crusts. Powdered sugar over when done.

### 58. Custard Pie. Ordinary.

8 eggs.  
1 quart of milk.  
6 or 8 ounces of sugar.  
Nutmeg, lemon or vanilla flavoring.  
Beat the eggs and sugar together, add the milk gradually, flavor, and bake in deep paste-lined pie pans with high edges. The thicker the custard the better the pie.

### 59. Harvest Pie. Vinegar Pie.

Made without eggs or milk:  
1 pint of water.  
 $\frac{1}{2}$  pint of vinegar.  
1 pound of brown sugar.  
1 ounce of butter.  
4 ounces of flour.  
1 teaspoonful of ground cinnamon.  
Boil the water, vinegar and butter together. Mix the flour, sugar and cinnamon together dry and dredge them into the boiling liquid, beating at the same time. Take it off the fire as soon as partly thickened, before it boils. May be baked either with or without a top crust.

### 60. Butter Pie.

1 quart of milk or cream.  
8 ounces of fresh butter.  
1 pound of white sugar.  
4 ounces of flour.  
Boil the milk with the butter in it. Mix the flour and sugar together dry, stir them into the boiling milk and take the mixture from the fire as soon as it begins to thicken. Bake like a custard in a crust.

### 61. Corn Starch Custard Pie or Arrow-root Pudding.

1 quart of milk.  
2 ounces of starch.  
8 ounces of sugar.  
2 ounces of butter.  
6 eggs. Lemon or vanilla flavoring.  
Mix the starch with a little of the milk cold. Boil the rest of the milk with the sugar in it, stir in the starch, then the butter and eggs, and take it from the fire immediately. Bake in crusts.

### 62. Cream Curd Pie.

1 pound of dry cheese curd (product of 4 quarts of milk curdled with rennet).  
8 ounces of butter.  
12 ounces of sugar.  
4 whole eggs and 6 yolks.  
1 cupful of milk.

4 ounces of currants.

Nutmeg orange or other flavoring.

Mash the curd through a sieve and mix in the other ingredients. Bake in crusts.

### 63. Potato Cream Pie.

1 pound of mashed potatoes.

8 ounces of white sugar.

6 ounces of butter.

5 eggs

1 cupful of mixed milk and brandy or wine.

Boil good mealy potatoes and mash them through a sieve. Mix the butter with them while warm, then the sugar, milk and flavoring. Separate the eggs and beat both yolks and whites quite light and stir them in just before baking. Bake in crusts. Sift powdered sugar over when done.

### 64. Sweet Potato Pies.

1. Make by the preceding receipt, using sherry wine instead of brandy. They need careful baking of a light color, to be good. Powdered sugar over.

2. Slice cooked sweet potatoes into the crusts strew sugar over plentifully, and broken blades of mace, and small lumps of butter. In each pie pour half cupful of wine. Bake slowly.

### 65. Pumpkin Transparent Pie.

Made without milk or eggs.

2 pounds of pumpkin—or 1 quart.

1 pound of sugar.

4 ounces of butter.

Flavoring either of lemon rind, cloves or nutmeg.

The pumpkin must be dry, either baked or steamed. Mash it through a strainer, mix the sugar and butter with it and let simmer at the side of the range to become thick. Flavor, and bake in crusts.

### 66. Pumpkin Pie, Cheap.

2 pounds of dry mashed pumpkin.

4 ounces of sugar.

2 ounces of butter.

2 eggs.

1 cupful of milk.

Little ground cinnamon.

### 67. Pumpkin Pie,

2 pounds of pumpkin—stewed dry.

8 ounces of butter.

12 ounces of sugar.

12 eggs.

1 cup of milk.

Ginger, cinnamon, or nutmeg.

Beat the eggs light and stir them in after every thing else is mixed.

### 68. Pumpkin or Squash Custard.

Make a custard of eggs, a quart of milk, and sugar, and mix mashed pumpkin with it to suit—1 quart of mashed pumpkin is about right.

### 69. Brown Squash Pie.

2 pounds of dry mashed squash—a quart.

8 ounces of molasses.

2 ounces of butter.

8 eggs. Ginger and allspice.

1 quart of milk.

Mix the butter with the squash while still warm, then the molasses and rest of the ingredients. With the right kind of molasses or part black molasses and part sugar, and spice skillfully proportioned this variety proves to be a favorite.

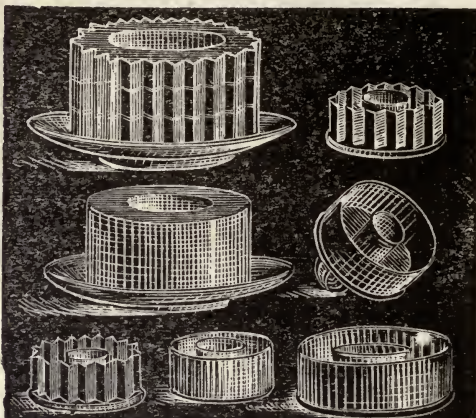
70. Allowing that is not strictly in the line of hotel fellows' duty to pass opinions upon manners and ways people have but considering the many aspersions that are cast upon pie and its friends, may we not ask one question—it is not more American-like to like pie and say you like pie, and make it big and make it good, than to beat about the bush and try to hide an inordinate admiration of pie under such names as darioles, bouchees, mirlitons, flans, vol-au-vents, tourtes, tartelettes and a lot more as the French do, and turnovers, puffs and tarts like the English? You will find if you look that Mr. Clive Newcome, in *The Newcomes*, when a boy at college was remarkably fond of raspberry tarts and it took all his pocket money and much that he managed to get from a friend or two besides to purchase them, and there is nothing sardonic in Mr. Thackeray's statement of that not uncommon trait of his. But those raspberry tarts are not to be confounded for a minute with the indescribable English household pie—the tarts were and are neither more nor less—except in size—than our American open pie. Could Mr. Clive be blamed for loving them? Why even American collegians are not above such a weakness as that.

Tarte, tourte, tart is the European for the American pie, made open—that is without a top crust—or at most with only strips across. The tart proper is not larger than the palm of the hand, and is made in patty pans or small pie pans of any form, oval, oblong, square or round. People like pie for supper, and country hotels with the old style of long table set them on it, but Fashion does not allow it. But



you can circumvent Fashion (and she will be secretly pleased thereby) by serving tarts both for luncheon and supper.

Now tarts or tiny pies are tedious to make in numbers and advantage must be taken, get the shallow patty-pans fastened together a dozen in a bunch. Roll out the paste to an eighth of an inch thickness in a large sheet, and cut out flats with a biscuit cutter or any oval or other cutter that will match your patty-pans. Press the paste with the thumbs to the shape, cut off the surplus even with the edges and put in a spoonful of any kind of pie fruit or of the mixtures just preceding, or of the various creams, apple or cocoanut cream etc., and you can give pie for supper luncheon and tea and Fashion will never be the wiser.



For some of the pie mixtures such as the chocolate cream, puff-paste is not the best. The annexed is a kind specially made for "small bakings."

#### 71. Tart Paste

- 1 pound of flour.
- 6 ounces of butter.
- 2 ounces of powdered sugar.
- 2 eggs. Little salt.
- $\frac{1}{2}$  cupful of water.

Rub the butter into the flour, add the eggs, sugar and salt with the water, mix and knead it smooth.

#### 72. Tartlets, Bouchees and Vol-au-vents.

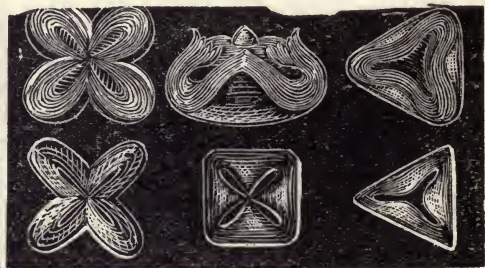
The fine leaf paste or puff-paste being ready there is nothing easier to make than vol-au-vent tartlets like those shown below. Roll out the paste to about a quarter of an inch in thickness, or even thinner, cut out with the double cutter, place the tartlets in pans like biscuits and bake in a brisk oven. They rise to three or four times the height of the paste they are cut from. Lift out the little lid made by the cutter in the middle or else push it down and fill the cavity with a spoonful of red currant jelly or lemon honey or any kind of fruit or preserves.

The tin-smiths make and keep for sale the double cutters that cut out rings for doughnuts and jumbies, like two of these in the cut with the inside cutter on a level with the outside and cutting the middle of the paste clear through, but the vol-au-vent cutters have to be made to order. The inner cutting edge is a sixteenth of an inch below the outer and only marks out a lid.

The small tartlets using up the pie paste remaining after dinner and taking but a teaspoonful of filling make a desirable addition to or substitute for cake in the baskets for supper. The next are larger cutters for oyster patties and vol-au-vents of birds etc.



The annexed show forms of bouchees and tartlets that it might be difficult to make plain in words only. The three lower figures are intended to show how the puff-paste is folded, and the three upper the article after baking.



NO. 2.

NO. 1.

NO. 3.

1. For the form shown in the middle roll out the finest leaf paste to about an eighth of an inch in thickness. Cut it in squares of about  $2\frac{1}{2}$  inches and fold over the four corners to meet in the middle where there should be a drop of water placed to make them stick. Stamp out a round piece of paste like a lozenge and lay on the center. Brush over with a little beaten egg-and-water without wetting the edges of the paste, and bake. The shell can be partly hollowed out when done, and filled with any

kind of mince or sweetmeat.

2. For the left hand figure roll out the same as the preceding and cut and fold over the same and then cut pieces out of the four sides to make the shape shown. These leaf-tartlets open out and rise as high in baking as the middle figure. Fill the hollows with bright fruit jelly.

3. The three cornered bouchees or tarts have the filling—either mince or salpicon, or yellow or red conserve or jelly-baked in them. Roll out a sheet of puff-paste and cut out like biscuits, with a large cutter. Place a teaspoonful of the filling in each, wet the edge of the paste and pinch it up in the shape of a three-cornered hat. Brush over with egg and water and dredge with granulated sugar if for a sweet tart. Bake in a rather slack oven.

Beside the foregoing, other shapes may be made by stamping out the sheet of paste with an oval cutter and doubling the tails over like French split rolls, and by doubling over square cuts. These open up like the leaves of a book and jelly or preserves can be inserted in the cavities.

### 73. American Popular Ices.

The combinations following are not too dreadfully original in idea to be eminently proper "according to Hoyle," neither are they copies. They are innocent American variations of the class of European "iced-puddings," and *bombes à la Viennoise*. They are popular ices in the sense that they are among the things which make hotel tables popular with high-priced people. They are among the super-excellences and quiet surprises which give—but there, we are getting beyond our depth—what we do want to say is that served individually they can be managed easily enough in the hotels which do not employ a confectioner or men specially detailed to make the ices, but where the pastry cook has to be a man-of-all-work; while the moulding in "bombes" involves a great expenditure of time and freezing material. These have all been well tried and often. The simplest and best methods of moulding, frothing, freezing etc. will also be found explained among the commoner ices further on.

#### Kastorskill Ices.

Combination of rose pink cream with pale green ice containing grapes and almonds. Two freezers required.

#### 74. Rose Ice Cream.

1 quart of cream.

12 ounces of sugar.

12 eggs.

A pinch of salt, coloring and flavoring.

Take off a third of the cream, the thickest, from the top, and keep it cold to be whipped to froth, while the other is freezing. Boil the rest of the cream with the sugar in it, which prevents burning. Beat the eggs in a bowl as light as if for sponge cake, pour the boiling cream and sugar to them and cook about a minute together—enough to slightly thicken but not boil. Strain into a freezer immediately, add a few drops of rose extract and some bright red fruit syrup such as the surplus juice from crimson strawberries in sugar, or else some drops of red coloring, to make the cream light pink. Freeze, and when nearly finished whip the reserved cream to froth and beat it in.

When cream thick enough to whip cannot be had keep out the whites of the eggs and use the same way instead.

#### 75. Grape and Almond Ice.

5 pints of sweet white muscat grapes free from stems.

1 pint of angelica or other sweet wine.

1 pint of water.

1 pound of sugar.

1 large ripe lemon.

1 pound of almonds blanched.

Stew three pints of the grapes with the water and sugar and when tender rub the pulp through a strainer into a freezer, together with the syrup. Add the wine and the lemon cut in thick short slices with the seeds carefully excluded, and freeze the mixture. At the last drop in the blanching almonds and after a few more turns of the freezer add the remaining 2 pints of grapes previously made cold on ice. Cover down the freezer that the ice may become well frozen.

To serve individually make a border of the cream with the spoon in broad champagne glasses or fancy ice glasses, and in the middle pile the grape and almond sherbet.

For fancy moulded creams line the moulds with the first part and fill the centers with the second.

#### 76.

A favorite form of *bombe* is frozen in a mould in the shape of a little glass jug with handle and all complete. This is coated inside with a translucent fruit or flavored syrup ice and the filling is of, for example, a maraschino ice cream, or one dotted with strawberries. When the *bombe* well frozen is taken out of its mould and set on the table on its folded napkin, you are, if you please, to knock off the neck of the jug and dip out the contents. It is surmised that it is called a bomb because it goes off pretty



soon amongst a whole table full of people; but the name does not suit our bills of fare. The ice will go off better when it is not called a bomb.

### Niagara Ices.

Combination of rich yellow frozen custard with a pink sherbet with cocoanut and oranges. Two freezers required.

#### 77. Yellow Frozen Custard.

1 quart of cream or milk.

12 ounces of sugar.

12 yolks of eggs.

Vanilla bean or extract to flavor.

Boil the cream with the sugar and vanilla bean in it. Beat the yolks light and pour the boiling cream to them. Set on the fire again for a minute. The custard will not froth in the freezer if cooked much, but should be taken off and strained as soon as slightly thickened. Freeze and beat light.

#### 78. Orange and Cocoanut Ice.

1 pint of port wine,

1 pint of water.

1 pound of sugar.

8 ounces of desiccated cocoanut—the sugared kind free from oil must be used.

4 oranges.

2 lemons.

Red fruit juice or coloring.

Make a hot syrup of the water and sugar. Slice the oranges and lemons small and throw away the seeds, put the slices in a bowl with the desiccated cocoanut, pour the hot syrup over them and let steep a short time. Then strain the flavored syrup into a freezer, add the wine and coloring to make it light pink and freeze. Make the scalded orange and lemon slices and cocoanut cold on ice and stir them into the sherbet when nearly frozen, then pack down the freezer to freeze the contents firm.

To serve individually place the frozen custard in champagne glasses, spread out to make a border, and the sherbet pile up in the middle.

And "iced-pudding" is no better name, although the language containing no other for such a compound, the English have had to use it. But their case is different, they have deep rooted respect for ancient pudding, and ice cream does not seem to be degraded by being so called. Sydney Smith in explanation of the exact stage of his convalescence wrote to a friend that he was past the gruel point, past panada, and had just arrived at pudding. Thackeray could write of puddings, as did Herrick, Burns, Byron even, and there is something about solid pudding in Shakspeare, but that does not help the matter

with our people's association of ideas. Iced pudding is base, it is food; ices, ice-creams, are noble, they are ethereal, they are delicious.

### Monitou Ices.

Rocky Mountain scarlet wild raspberries in ice, and a white cream. Two freezers required.

#### 79. White Starch Ice Cream.

1 quart of rich milk.

12 ounces of sugar.

1 ounce of butter.

2 rounded tablespoonfuls of corn starch.

4 whites of eggs.

1 tablespoonful of lemon extract.

Boil the milk with the sugar in it. Mix the starch in a cup with a little cold milk and stir it in. Take from the fire, and put in the butter and beat the mixture till that is melted. Strain, cool and flavor it and freeze. When nearly finished freezing whip the whites to froth and stir them into the cream, then beat it with a paddle till it fills the freezer, and is as light as foam and white as snow.

#### 80. Scarlet Raspberry Ice.

3 or 4 pints of Rocky Mountain wild raspberries.

1½ pounds of sugar.

2 pints of water.

3 whites of eggs.

Pick out and reserve about a third of the berries to be dropped whole into the ice at last.

Make a syrup of the sugar and one pint of water, pour it hot upon the larger portion of raspberries in a bowl and then rub them through a strainer together with the syrup, and use the other pint of water to help the pulp through when dry. Freeze, and add the whites of eggs beaten to froth when nearly finished and after beating up again drop in the whole raspberries and pack down the freezer with more ice and salt to remain till wanted.

Serve the white cream in glasses or saucers with the red ice piled in the hollow middle.

### 81. Frozen Fruit in Ices.

Broadly speaking it may be said, everybody that likes fruit ices or sherbets likes the frozen pieces of fruit scattered through them as well. But there are differences which it would be tedious to point in each case depending upon the degree of sweetness of the fruit. Strawberries containing little or no sugar will freeze in a strawberry water ice too unreasonably solid to be good, while sweet Tokay and Muscat grapes, sweet ripe cherries, mellow pears and the like will never become too hard because the

sugar in them prevents it. The sweeter an article, whether cream or fruit, the harder it is to freeze. To keep the fruits from this too solid congealing some of the French ways steep them in alcoholic liquors—methods which we merely mention for information without believing them necessary to practice. In case of a peach ice, then, it may do very well when the peaches are very sweet and ripe to drop the quarters in at the end of the freezing without any preparation; but if the peaches instead are inclined to sourness stew them in thick syrup without breaking the quarters and drop in the ice after first making them cold.

### Tahoe Ices.

Red grape ice and white cherries in cream. Two freezers required.

#### 82. Red Grape Ice.

- 5 pin's of red Tokay grapes (4 pounds.)
- $1\frac{1}{2}$  pints of water.
- $1\frac{1}{2}$  pounds of sugar.
- 1 lemon and 1 orange.
- 4 whites of eggs.

Select about a fourth part of the grapes to be dropped whole into the ice at last. Scald the rest in a syrup made of the sugar and part of the water and rub the pulp through a strainer together with the syrup and pour over the skins the remaining portion of water, add the juice of the lemon and reeze as usual. If to line a mould the whites of eggs may be omitted and a little red fruit juice or coloring can be added to make a more positive color, but for serving in glasses add the whites whipped firm and beat the ice till smooth and foamy. Cut the orange in strips, without peeling, and strew them in the ice, also the reserved grapes and cover down to freeze firm.

#### 83. White Cherry Cream.

- 1 quart of pure sweet cream.
- 3 or 4 pints of California white wax cherries.
- 1 pound of sugar.
- $\frac{1}{2}$  pint of water.

Make a boiling syrup of the sugar and water, drop in the cherries and let them simmer in it about 15 minutes, without stirring or breaking. Then strain the flavored syrup into the freezer and set the fruit on ice, to be mixed in at last. Add the quart of cream to the syrup in the freezer, freeze and beat up well, then stir in the cherries and pack down with more ice and salt.

Artificial ice made at a cost of one dollar a ton; ice cream same price. "It were a consummation devoutly to be wished." We are thinking not of the

finished product after it has left our hands—perhaps the young gentlemen who take the young ladies out on summer evenings would not wish it quite so cheap—but of some easy and perfect process of freezing it such as is condensed and summed up in the idea conveyed by that rate of cheapness. For few know how difficult it is to get the drudgery of ice-cream freezing done properly, none perhaps but those who have to oversee its preparation along with a number of other skill-demanding productions for the hotel dinner. It is of little avail that we make the cream or custard or sherbet good and finely flavored if the transformations possible in the freezing process be not skilfully carried out. In freezing, if you know how, you can transform skimmed milk into the semblance of cream, and if you don't you can not prevent rich cream from transforming itself into the semblance of skimmed milk.

Now when they get through with that tedious electric light subdivision perhaps the inventors will subdivide the artificial ice machines so that ice cream can be made in every little house in some less clumsy and imperfect way than the present with ice and salt. The great obstructionist in ice cream making is the lazy yardman, second pastry-cook or other helper who ought to turn the freezer fast and beat the cream thoroughly, and we want an electrical or chemical machine of some kind to supersede him.

### White Mountain Ices.

Sweet peaches and cream (Put that little lady the school marm who once did the copying of some of these receipts happened to be a White Mountain girl herself and when she reached this sett she surreptitiously took the name and placed it over another sett and called these something else, as if sweet peaches and ice-cream was not good enough for the White Mountains or Green Mountains either for that matter. Red grapes indeed! Which sett she chose for White Mountain ices is something that shall never be told. Who, allow us to ask, is runningt his?) Two freezers required.

#### 84. Vanilla Ice Cream—Best:

- 1 quart of good sweet cream.
- 8 ounces of sugar.

Vanilla flavoring—either 2 tablespoonfuls of the extract or a vanilla bean boiled in a little milk and the milk used to flavor.

Use a freezer that will hold twice as much or more. Sweeten and flavor the cream and churn it in a pail with a whip-churn till half of it is froth. Pour it into the freezer and freeze it as rapidly as possible. Then take out the inside beater and with a wooden paddle about four feet long, made like a spade in shape but narrow, beat the ice-cream about 15 min-



utes, or till it fills the freezer. Cover down and pack with more ice and salt.

### 85. Peach Ice.

3 pints of peeled mellow peaches.

1 pound of sugar.

2 pints of water.

1 large cupful of bright red currant jelly.

The kernels of half the peaches.

4 whites-of eggs.

The peaches should be choice, yellow or red fleshed and sweet. Half of them are to be cut in pieces as large as cherries, the other half cooked.

Put the water, sugar, peach kernels and half the peaches on to stew together for a few minutes, mash the fruit with the back of a spoon, put in the currant jelly and then press all (except the kernels) through a strainer. Freeze as usual, add the whipped white of eggs to the ice and after beating also mix in the cut peaches.

Line the moulds with the cream and fill the center with the peach ice, or serve the cream in glasses or saucers as a border with the peach piled in the middle.

### Some Points on Ice-cream and other Ices.

So I said to Johnny said I, Johnny you're stuck with this miserable little ice-cream saloon, and the little seventy five dollars you've put in is gone skywards, don't you know it? And you owe a month's rent beside. And here at the same time are your dollars that ought to be and your tens and hundreds sitting along on the hotel piazzas and riding by and walking right by your forsaken little den, but they won't come in. Of course they won't. Why should they when you don't know the first rudiments of the business. Johnny, don't you remember when you used to turn the freezers for two mortal hours enough sight slower than the tick of your grandfather's clock, when you ought to have been done in twenty or thirty minutes, wasting ice and salt, spoiling the cream and wearing out me? And now you'll go up for want of knowing something. Now if you was dead for instance and a smart boy had this instead it would not be this way. There are bigger resorts than this, don't you know? and some where the confectioneries and all are made under the same roof, but, let me tell you, even there the extra fine creams and ices are in a side show and are extra charged, and more so at all commoner places unless the pastry cook has uncommon ambition to shine. But you take a hotel that's got two hundred summer people, and there's two pastry cooks, but after

they've worked up their barrel of flour a day in all shapes, and other things in proportion, and hot weather at that, they don't feel much like spreading themselves on fancy creams and ices, and it's the same miserable lemon custard and vanilla oustard sort of frozen any way to put it through at this hotel and that hotel, and if the people are asked to visit at the other hotel they are sure to be treated to the same old thing again. Well then they go to the cafe and fine restaurant where these things are made specialties, and that's what you ought to be doing now Johnny if you knew how.

But in the first place you don't have ice-cream on hand half the time and people as they pass say "oh its of no use, they hardly ever have any there," so they quit coming because they don't like to be disappointed, you must keep it if you have to make a pint at a time in a quart cup even, as you easily can if you understand it, and it positively must be always good, always tip-top, if you expect to build up a trade, and it can't be if you make it once a day, in the morning, and keep it all day and night; for the goodness of it is its smoothness and creaminess, but that gets away when the cream is kept long. Water in freezing will separate from everything else, so that you get clear ice out of muddy rivers, and the water part of vinegar will freeze and leave the acid part by itself in the center of the barrel; just that way your cream first gets grains of clear ice in it like sand, and by night your customers find rough chunks as big as pipe stems. For the very same reasons good cream cannot be made by letting it stand and freeze itself. It wants rapid work.

#### QUICK FREEZING.

Now, Johnny, you begin right. Get you a stout oaken box bound with hoopiron if you can, to pound the ice small in. It will prove the cheapest way in the long run, for you must pound the ice small to do quick freezing and cheap, and no way beats pounding it with an old axe head in a deep box. You may turn your freezer two hours and do no good if it has only large lumps of ice just touching it with their edges. It is the salt acting on the ice and releasing the cold by melting it that causes your cream to freeze and the quicker the melting takes place through thorough mixing of salt in fine ice the quicker your cream is done, and coarse salt is better than fine because it won't pack in dead lumps, and because it grinds the ice away. We are not caring for strict science, only for the effects as they appear. So the quickest possible freezing is done with snow and ice mixed together. And, Johnny, don't you remember how snorting mad you used to be when I would come down on you for about two



seconds while you was see sawing away at that freezer and say "why in thunder don't you let the salt water out?"—and when I came again and found the water out it was "what in thunder did you let all the water out for?"

Well, Johnny, I have no meringues in the oven now and I'll stop to explain. Your cream never freezes much except where the brine of the melted ice and salt touches the freezer, as the brine rises outside you will find the freezing mark rises inside; but when there gets to be too much water the ice rises and floats and the bottom of the freezer begins to melt again. You want to keep letting out a little water from the bung-hole near the bottom of the freezing tub but not too much, and always keep pushing and packing the ice down around the freezer to keep it solid and touching both bottom and sides. In this way you can do freezing in twenty or thirty minutes better than in two hours. The amount of salt you want is about one bucket of salt to five of broken ice. Half fill your freezing tub with ice first, then begin putting in scoopsful of salt with the ice, and it will work itself down. Always finish off the top with a layer of salt. Don't you see now what an idiot you was not to understand these little things, and the quality of the cream for two hundred high-toners depending on your ignorance? In order to get the little brine sometimes in the dead of winter when everything was too cold I have had to pour hot water on the ice in the freezing tub to start it. These points apply to all sorts of freezers that use ice and salt. The noted cooks across the sea who invented some of the fine ices that you are going to make after awhile Johnny, never patronized our new patent freezers but did and perhaps still do their fine work with the old kind turned by hand.

#### CREAM AND ITS SUBSTITUTES.

And, Johnny, you don't need real cream so much as you need a thorough beating. If a man that knew how was to open next door in opposition to you he might take milk and you might take cream, and soon you would hear customers say "ah, the cream next door is the best, it certainly must be made of the purest cream, you can taste it, it is so rich!" when in fact it would be its foamy smoothness and delicacy that gave them the impression, while your real cream would be coarse with grains of ice, and heavy with sugar. It does not make nearly so much difference how you make your cream as how you freeze it and keep it. Why you may take a sweet water ice, especially a white cherry ice, or a peach ice will do, some kind with the sweet pulp mashed in it, and make it according to directions it will be so white,

so soft and foamy, and will increase in bulk so much it can't be told from cream except by melting which I want to say shows that it isn't the cream itself that makes the quality, since sweetened fruit juice will do so well, and better yet if mixed with cream like our cherries in cream some way back, but the method. So having prepared your cream, custard, or sherbet put it in a freezer large enough to hold twice as much and strive to make the ice fill the freezer when done.

The greatest help but not the only material for the purpose is some raw but light-beaten white of eggs. The French cooks, some of them, use what they call Italian meringue, which is a boiling sugar syrup made of six cunes of sugar, poured into four whites well whipped. If anyone who has tried has found a difference in effect between that and the raw whites I will not gainsay their word, but, Johnny, you will find the shorter way good enough and it saves sugar from what is already generally too sweet. So when your ice is frozen mix in the whipped whites, and if it is a patent freezer turn it as fast as you can till you see the white ice forcing its way out at the freezer lid. That is if you want that sort, but if it is only a demi-glace leave out the whites, like the pink part of our Niagara ices, where the white desiccated cocoanut can be seen powdered all through as it could not be if the sherbet was beaten to whiteness with egg.

#### SAVE THE SUGAR

And don't make the mistake of using too much sugar. You must make a profit, and sugar is an expense in two ways, in its cost at first and then in ice and salt for the more sugar in your cream the more ice it will take to freeze it. This you know is for common, though you want to be posted for fancy work too. When you go to Boston or Philadelphia, Johnny, you'll find them advertising "Vienna ices," *bombes*, *bisquits glacees*, etc. If made "according to Hoyle" these Vienna ices have a pound of sugar in every quart of rich cream, and the rule for fruit ices is a pound and a half to a quart. Just think of it—a cupful of granulated sugar in two cupfuls of thick cream, and the fruit ices and sorbets all syrups heavier than soda syrups. When these are well frozen they are more of frozen confectioneries, or candies made by cold instead of heat then they are light refreshments. They are intended to be shaped in moulds and to have a good deal of solidity. Your rule for common ice-cream should be not more than half a pound of sugar to each quart of milk and three quarters of a pound to each quart of fruit ice or sherbet, and Johnny, though I would not write it so in a receipt for any-



body, for it might seem stingy, between you and me I think six ounces of sugar to each quart of milk is enough for the ice-cream that is only a light refreshment that people may eat plenty of without hurting themselves. They don't want food, but frozen perfume.

I got a lesson in popular ice-cream making when I was a boy that has lasted me for comparison of different fellows' ways ever since, at a gaily decorated tent at New Orleans, on the levee and facing Tchoupitoulas street, where their cream was sold as fast as tickets for a circus, handed out in glasses piled high, three or four colors and flavors, and as many men freezing and beating, and as many more selling and forever yelling out, "Come up with an other freezer on the red," and "come up with another freezer on the yellor." Their cream was light, and cheap and plentiful. It was late in May, and all the ice they used had come in ship loads from the north. They didn't sit down and see-saw and Johnny, I don't think they used over six ounces of sugar to a quart. But they had fine flavorings, and you don't think they had any real cream or wanted any, do you?

#### AN CIBILIOUS ICE-CREAM.

And you need not go into bankruptcy either merely because the big hotels are getting what little cream there is to be had and you can get none. They don't even get enough for coffee, after all. Some restaurant keepers buy the milk, skim it for the cream and trust to selling off the skimmed milk or part of it, so as to get their pure cream for freezing not soured and mouldy as country gathered cream often is, but that plan is not practicable for ice-cream for thousands at a resort. Besides, who wants cream? you see these resorts getting more crowded every year and more hotels and larger ones being built, and that shows that the people find it pleasant living at them, but they wouldn't if they had the blues and felt tired and drowsy all the time as they would be if they were made bilious and dyspeptic with double cream and sugar. *There is nothing so bad for the health and spirits as real buttery cream taken at the end of a full meal.* Let the country people who have nothing to do but sleep eat the cream, but you give the resorters light refreshment and if your wares are well made they will come again after they have walked and danced and rolled ten pins.

#### GELATINE IN CREAM.

It is reckoned quite a trick too, to put gelatine in your milk or boiled custard and gelatine is nice enough as far as that goes, but somehow, Johnny, I find myself always letting it alone, though I don't know what I might do in competition with others. Gelatine gives body to the milk and makes it so it can be beaten up more light and frothy and the cream with gelatine in will not melt down so quickly. It is a good enough rule to use gelatine

in milk and white of eggs in water ices, punches and so forth. The effect of both articles is about the same, but gelatine is the most trouble. But you have to be very careful about the quantity of gelatine used for if you don't look out it will set your cream like blanc-mange or jelly. One ounce to three quarts is the highest you can use, and it must be well dissolved in warm milk before putting in.

#### ORDINARY ICE-CREAM.

You will see some ice-cream makers put raw yolks of eggs in the cream because, they have found that cooking the eggs in it destroys the frothing quality. I don't like that either, and I compromise by making a boiled s'arch custard with scant one ounce of s'arch to each quart of milk, and beating two or three, or at most four yolks to a quart light in a deep pan and pouring the scalding custard to them which half cooks the yolks and makes a custard that can be churned to a froth if wanted.

When you make a custard that way it saves ice to cook only half the milk with all the enriching ingredients in and pour the other half cold to it afterwards. When you boil milk always boil the sugar in it, and that will prevent scorching on the bottom. Now, Johnny, brace up and go to work, and when you get as far as moulding ice creams for party dinners we will talk again. But that heavy iron scraper you have got made by a blacksmith is not suitable, people of fine perceptions can taste iron in cream, besides you are liable to drive it through the bottom of your freezer and spoil all. The largest size flexible palette knife is the best thing to loosen the frozen cream from the sides of your old fashioned freezer, and for the beating up of the cream make yourself a paddle of hard wood as long as a spade, but light and narrow; one that you can stand up with and have a good hold on to churn and beat with both hands.

#### FLAVORING

Lemon and vanilla are the common popular flavors and lemon is the commonest of the two. Use of them about a large basting spoonful of the extract to each gallon of cream, remembering, however, that there is the common, the double and the triple extract of which latter of course less ought to do. When you get to doing a big business you will have the pleasure of offering your customers a choice of as many flavors of cream as there are of soda syrups. But all flavors except lemon and vanilla must be used very sparingly, a teaspoonful of pineapple, strawberry, pear and the like generally being as good as a large spoonful of the others, and of rose extract a few drops may do. Most of the flavorings excepting lemon, vanilla, rose, cinnamon, and nutmeg are made from orris root and butyric ether—which is obtained from rancid butter—and there is no wonder if the popular taste approves of them only in very small allowances.

**86. Frozen Nesselrode Pudding.**

Glaze Nesselrode or iced pudding. A frozen custard made of pounded chestnuts, with fruit and flavorings :

- 1 pound of large chestnuts—about 40.
- 1 pint of rich boiled custard.
- 1 cup sweet cream.
- 2 ounces citron.
- 2 ounces sultana raisins.
- 2 ounces stewed pineapple.
- $\frac{1}{2}$  cupful of maraschino.
- 1 teaspoon vanilla extract.
- Pinch of salt in the chestnut pulp.

Slit the shells of the chestnuts, boil them half an hour, peel clean, and pound the nuts to a paste, and rub it through a coarse sieve, moistening with cream. Then mix it with the boiled custard. Freeze this mixture, and when firm whip the cup of cream, and stir it in and freeze again. Then add the citron cut in shreds, the stewed or candied pineapple, likewise the raisins, maraschino, and vanilla extract. Beat up and freeze again, and either serve in ice cream plates out of the freezer, or pack the cream in a mold, and when well frozen send to table whole, turned out of the mold on to a folded napkin on a dish.

The foregoing makes about enough to fill one of those brick molds that have a large and deep stamped fruit pattern in the lid and when frozen firm it can be sliced into from 12 to 16 portions. When chestnuts are not convenient some of the large cafes use the ready prepared pounded almonds or walnuts that may be bought by the can at the confectioners' supply stores, and various additions or substitutions of green candied fruits are employed to make a handsome appearing compound without changing its general character. Should be trebled in quantity for dinner for fifty.

See No. 320 for another variety recently added, but crowded out of place.

**87. Diplomatic Ice Pudding.**

- 1 quart of rich vanilla custard.
- 1 pint thick cream.
- 1 cupful of French candied pineapple and cherries, cut small.
- 2 dozen lady fingers.

Freeze the custard as usual for ice cream; whip the cream, put it in and freeze again.

Take two brick molds and put in a layer of the ice cream, a layer of lady fingers, then some candied fruit, and fill the mold that way, having ice cream for the top layer. Close with paper and the lid, and put in the freezing mixture to stay two or three hours. Manage the same way as Neapolitan and Nesselrode.

**88. Bonanza Punch.**

Our own Rocky Mountain punch as made for hotel dinners for two hundred and fifty.

- 10 quarts of water.
- 9 pounds of sugar.
- 2 dozen lemons.
- 6 oranges.
- 2 cans of pineapple.
- 1 pint of gin.
- 1 quart bottle of champagne.

Grate the rinds of 6 of the lemons and 4 oranges into a bowl, and squeeze in the juice of all. Put on about 2 quarts of water, with a lot of sugar in, and the pineapple juice, making a hot syrup of it, and then pour it to the grated rinds and juice in the bowl to draw the flavor. Strain into the freezer, chop the pineapple and put in, add all the rest of the sugar and water, gin and champagne, color it pink and freeze.

**89. The Same, Reduced for Fifty.**

- $2\frac{1}{2}$  quarts of water.
- 2 pounds of sugar,
- 6 lemons.
- 2 oranges.
- 1 small can of pineapple.
- $\frac{1}{2}$  cupful of gin.
- 1 cupful of champagne or sweet wine.

Grate the rinds of 2 lemons and 1 orange, and proceed as above directed.

**90. Kirsch Punch. Romaine.**

- 2 quarts of water.
- 3 pounds of sugar.
- 4 lemons—juice only.
- 1 pint of kirschwasser.
- 8 whites of eggs.

Mix the punch materials together cold; strain into the freezer. When nearly frozen whip the 8 whites firm, mix in and freeze again.

**91. Regent's Punch.**

- 1 quart of water.
- 1 pint of gin.
- 2 lemons.
- 1 pound of sugar.
- 1 pint of maraschino—or half as much kirsch.
- 4 bottles of soda water.

Grate the rind of a lemon into a bowl, moisten with some gin and rub with the back of a spoon to extract the flavor. Add the lemon juice and rest of the ingredients except the soda; strain into the freezer and freeze as firm as the spirit in it will allow, add the bottled soda and finish the freezing.



**92. Victoria Punch.**

- 6 or 8 oranges—according to size.
- 12 lemons.
- 3 pounds of sugar.
- 2 quarts of water.
- 1 pint of angelica or other sweet wine.
- $\frac{1}{2}$  pint of rum.
- 8 whites of eggs.

Grate the rinds of half the lemons into a bowl, add the rum, and rub with the back of a spoon to extract the flavor. Squeeze in the juice of all the fruit, add the other ingredients and freeze. Then whip the whites, stir in, beat up and freeze again.

**93. Cardinal Punch.**

A survival of the old-time spiced wine called "bishop;" the same was called cardinal when made with the best of red wine. The specialty about it is in roasting the oranges either before or over the fire, and letting them steep in good red wine, which, when thus flavored, is used either hot or cold. If to be frozen take

- 1 quart of wine jelly (calf's foot or gelatine.)
- 1 quart of claret or any good red wine.
- 1 quart of port.
- 1 quart of water.
- 2 pounds of sugar.
- 4 oranges.
- 2 tablespoonfuls of whole cloves.

Bake the oranges brown on a plate in the oven. Make a boiling syrup of the sugar and water with the cloves in it, drop the baked oranges into it, add the wine and let remain until cold. Cut the oranges and press them for the juice, and strain the punch into the freezer. Add the jelly (or white of eggs for a substitute) and freeze. If in season for red raspberry juice add some for brighter color.

**93a. Angelica Punch.**

- 2 cups California Angelica wine.
- 2 cups hot water—a pint.
- 1 cup sugar— $\frac{1}{2}$  pound.
- 1 cup stemmed raisins— $\frac{1}{2}$  pound.
- 1 lemon.
- 2 whites of eggs and two tablespoonfuls of powdered sugar to beat in.

Chop the raisins, grate half the rind of the lemon, squeeze in all of the juice, pour the hot water to them, add the sugar, and stir until it is all dissolved. Strain the flavored syrup thus obtained into a freezer, and rub the most of the raisin pulp through as well. Add the wine and freeze. When nearly frozen whip the two whites and the powdered sugar together till thick, add them to the punch and finish freezing. It is like cream. Serve in stem glasses.

**93b. Bisque Ice Creams.**

Ice creams with a proportion of the pulp of pounded fruit or nuts added are termed bisques,

**93c. Bisque of Pineapple Ice Cream.**

- 1 can pineapple or  $\frac{3}{4}$  pound.
- 2 cups sugar.
- 4 cups cream.

Chop the pineapple small and put it in a bright pan or kettle with the sugar and a few spoonfuls of juice or water to dissolve the sugar to syrup. Simmer at the side of the range a short time.

Whip the cream till it is half froth, then freeze it first by itself, because the pineapple added before freezing has a tendency to curdle it. Pound the pineapple and syrup through a colander, mix it with the partly frozen cream, and freeze again.

It can and ought to be managed to have the pineapple in syrup prepared beforehand to be cold. In making these bisques it is not best to pound the fruit perfectly fine, but the small pieces about like grains of wheat should be perceptible and show that the creams are mixed with fruits and not merely flavored.

**93d. Bisque of Preserved Ginger.**

- $\frac{1}{4}$  pound of either preserved or candied ginger.
- $\frac{1}{2}$  cup sugar.
- Juice of one lemon.
- 4 cups of cream.

Cut the candied ginger into very small pieces. Make a hot syrup of the sugar with a few spoonfuls of water and squeeze the lemon into it, then put in the ginger and let it soften and impart the flavor to the syrup. Put the cream and ginger and syrup all together, freeze and beat up.

**93e. Apricot Ice.**

- 3 cupfuls of apricots cut in pieces.
- 1 cupful of sugar—8 ounces.
- 2 cupfuls of water.
- The kernels of half the apricots.
- 2 whites of eggs.

The ripest and sweetest apricots, if the fresh fruit be used, should be kept out, one cupful to be mixed in the ice when finished.

Stew the other two cupfuls and the peeled kernels in the water and sugar for a few minutes, rub the fruit then with the back of a spoon, through a strainer into the freezer along with the syrup. Freeze like ice cream and when it is nearly finished whip the two whites to a firm froth, mix them in and turn the freezer rapidly a short time longer. Stir in the cut apricots just before serving. Canned apricots can be used as well, and if in syrup that can be mixed in also.

**Cumberland Ices.**

Red cherry ice with nut cream. Two freezers required.

**94. Red Cherry Ice.**

4 pints of sweet red or black cherries.

2 pints of water.

1½ pounds of sugar.

Mash the fruit raw and thoroughly so as to break the stones, and strain the juice through a fine strainer into the freezer. Boil the cherry pulp with some of the sugar and water to extract the flavor from the kernels, and mash that also through the strainer, add the other pint of water and the sugar and freeze. Use no egg whites and only beat the ice enough to make it even and smooth.

**95. Hickory Nut Ice Cream.**

1 pound of either pecan or hickory nut kernels.

12 ounces of sugar.

1 quart of rich milk or cream.

1 tablespoonful of burnt sugar coloring.

Pick over the kernels carefully that there be no fragments of shells to make the cream gritty, then pound them in a mortar with part of the sugar and a few spoonfuls of milk or other fluid. Only a few can be pounded effectually at a time. Mix the milk with the pulp thus obtained, the rest of the sugar and caramel coloring enough to make it like coffee and cream, and run it through a strainer into the freezer.

Freeze it as usual and beat smooth with the paddle, then pack down with more ice to freeze firm.

Line the moulds with the cherry ice and fill the middle with the cream, or, dish the ice as a border in shallow glasses with the cream piled in the center.

**Cape May Ices.**

Burnt almond ice-cream and orange ice.

**96. Almond Bisque.**

Take 1 pound of sugar.

12 ounces of sweet almonds.

2 ounces of bitter almonds.

Blanch the almonds, split them and put them in a slack oven to dry and acquire a light yellow color. Put the sugar in a kettle on the fire without any water and stir it till it is all melted and of the color of golden syrup or light molasses. Then put in the hot almonds, stir gently to mix, and pour the candy on to a large platter.

When cold pound the candy quite fine, put it into 3 pints of rich milk, set it on the fire and when it boils add the beaten yolks of 10 eggs. Strain the

burnt almond custard thus made into a freezer and freeze as usual and beat light.

**97. Orange Ice.**

3 pints of water.

1 pound of sugar.

5 or 6 oranges according to size.

1 lemon, juice only, if the oranges are sweet.

4 whites of e gs.

Make a thick syrup of the sugar and very little water. Peel half the oranges, divide them each in 12 or more by pulling apart by the natural divisions and drop the pieces of orange in the boiling syrup. Grate the yellow zest of the other 3 oranges into a bowl and squeeze in the juice, then pour the syrup from the scalded orange slices also into the bowl through a strainer and keep the pieces on ice to be mixed in at the last. Add the water and lemon juice to the orange syrup in the bowl, strain and freeze. Beat in the whipped whites as usual and when finished stir in the sugared fruit.

This ice is cream-white, tinged with the orange zest and juice.

Use the burnt almond cream for the outside and fill with the orange ice.

**98. Chocolate Ice Cream.**

Use only 3 or 4 ounces of the common unsweetened chocolate to a gallon of cream or boiled custard. Chocolate cream is generally too strongly flavored for the majority. The foreign vanilla chocolate is about half sugar and more of course can be used. Boil the chocolate in some milk with sugar added, strain it into the cream and flavor with vanilla besides. Beat the ice cream to make it bright and rich colored. Melted chocolate cannot be mixed at once in cold cream, as it sets and makes trouble, it must be considerably diluted first.

**99. Coffee Ice Cream.**

Make with pure sweet cream only, and 1 pint of very strong clear coffee to 3 quarts. Sugar as usual—8 ounces to a quart. The best coffee for this purpose is made by steeping coarsely ground coffee in cold water over night and not boiling it at all. Hot coffee from the urn will answer if taken when fresh made and not inky.

**Curacao and Maraschino Ice Creams.****100.**

For combinations with strawberry and pineapple ices. Use a cupful of curacao to 3 quarts of cream



or custard. Color the cream *cafe-au-lait* with 2 ounces of sugar burnt to the color of golden syrup and then dissolved in milk. Beat the ice cream to make it gold color. Use the same proportion of marsh-mallows in pure cream and beat the ice cream to whiteness,

### 101. Strawberry Ice.

2 quarts of strawberries—red ripe and sweet.  
2 pounds of sugar.  
3 pints of water.

Cover the strawberries with the sugar and let them remain some time to form a thick red syrup. Pick out a few of the berries to be mixed in the ice at last. Rub the rest through a strainer into the freezer with the syrup and add the water. Freeze without much beating if a crimson ice is wanted, and add coloring if necessary. Throw the reserved berries on top of the strawberry ice in the freezer and mix them in when the ice is to be served.

### 102. Currant Ice.

Make currant water ice the same as the strawberry ice preceding, except that no whole fruit need be saved out. Cooked or canned currants are not suitable, being too gelatinous and of poor color, and only the best and ripest of the fresh fruit should be employed for this purpose. The most luscious currants do not grow in America.

### 103.

The hotel pastry cook has very little need of artificial coloring. The rich colors of the various fruits in their season may be preserved with but slight trouble by taking the surplus juices and boiling them with plenty of sugar, often in the same kettle the fruit was cooked in for pie, and straining the syrup into bottles. Such syrups will keep a long time and while the writer is well aware that any elaborate process of the sort would never be put in practice in hotel work, he can recommend the seizing upon such things as come to hand this way as positive labor-saving expedients. A bottle of strawberry or raspberry syrup put away at an odd time comes splendidly in place to mix with a freezer of cream in the winter or spring.

### 104. Strawberry Ice Cream.

2 quarts of strawberries—red ripe and sweet.  
2 pounds of sugar.  
2 quarts of cream.

Cover the fruit with the sugar and mash them together and rub the fruit and syrup through a sieve into a bowl, adding a cupful of water to the pulp at last.

Half freeze the cream by itself and then add the strawberry syrup and finish the freezing as usual.

### 105. Pineapple Ice.

2 cans of pineapple.  
2 pounds of sugar.  
2 quarts of water.  
6 or 8 whites of eggs.

Strain the juice from the cans into the freezer. Make a boiling syrup of the sugar and 1 quart of water and throw in the pieces of pineapple previously cut in large dice. Let boil a few minutes and then strain the flavored syrup also into the freezer. Add the other quart of water and freeze. Strew some sugar over the pieces of pineapple and set them on ice. When the syrup is nearly frozen add some red fruit juice or coloring to make it rose pink, and the whipped whites, beat and freeze again. Throw the pieces of pineapple on top, cover down and let remain till time to serve, then mix them in.

The canned pineapple is generally riper and sweeter than the fresh fruit that is sent to Northern markets. When the latter is used it should be cut up, have hot syrup poured over and allowed to steep till cold. Two cans contain about 1½ pounds of pineapple. The juice of 1 or 2 lemons is sometimes added to a pineapple ice when the fruit is very sweet.

### Pineapple Water Ice or Sherbet.

#### 106.

The same proportions as the preceding receipt. Chop the pineapple small, scald it in the boiling syrup, then pound it through a strainer with the syrup and remaining quart of water into a freezer. Freeze, add 4 whites of eggs and beat it perfectly white.

### 107. Pineapple Ice Cream.

Make the same as directed in the preceding receipt with 2 quarts of rich cream instead of water, and use no eggs. Pineapple syrup or pulp poured into cream will immediately curdle it. The cream must be nearly frozen first and then the pineapple added to it and the freezing finished.

### Frozen Cocoanut Custard or Cocoanut Ice Cream.

3 quarts of milk.  
18 ounces of sugar.  
15 yolks of eggs.

1 pound of desiccated cocoanut—the sugared kind free from oil and rancidity is best.

Make the custard as usual and stir in the cocoanut while it is still warm after straining. Freeze and beat as usual. A little lemon or orange flavoring can be added.

The ordinary ice cream or starch custard can be used the same way as well.

**109. Concord Grape Ice.**

A reddish purple, useful for combinations and for Neapolitan or tri-colored ices.

4 ounces of ripe Concord grapes—a cupful.

1 pound of sugar.

1 quart of water.

Juice of one lemon.

Mash the grapes and sugar together raw, add the lemon juice and water, strain into a freezer with all the pulp obtainable, and freeze at once. The ice becomes lighter colored the more it is beaten. The lemon juice helps to brighten it. The grapes should not be scalded or cooked.

**110. Wild Plum Ice.**

As good in its turn as pineapple or lemon. The plums must not be cooked, however.

1 pound of wild plums—ripe and sweet, red or yellow.

1 pound of sugar.

1 quart of water.

4 whites of eggs.

Mash the plums and sugar together in a bright pan, add the water and rub the pulp and syrup through a strainer into a freezer. Freeze, add the the whipped whites and beat up as usual. It makes a cream-white ice, that may be colored with a little boiled red plum syrup or otherwise.

Wild plum ice cream of sweet plums may also be made by the directions given for pineapple ice cream. The flavor is very good.

**111.**

The cook wanted to make a tapioca custard ice but the appearance of it on the bill of fare bothered him. He knew it was good, for sometimes the tapioca cup-custard had become half frozen where it was set in ice to get cold, and it was extremely rich. He knew there was such a thing as iced pudding, but then it might be taken to mean only pudding iced over like cake, and besides iced pudding should be of two parts, cream and fruit. This was at a Sulphur Springs down in a warm State where they had ices of some sort for dinner every day during three-fourths of the year, and two kinds on Sundays, and the repetitions of ice cream and lemon sherbet became extremely tiresome. So he concluded to put it on the bill of fare frozen tapioca pudding. But the people who ate the dinners were not tired of ices, and the eating of them had become a sort of habit, and to have left out the ices would have seemed as strange as to have left out coffee or bread. And when the young colonel, who was always ready to penetrate a witicism, remarked significantly that if there was one thing he did love it was ice cream, and if there was one thing he did despise it was cold pudding, everybody looked at

the bill of fare, and the young ladies said, oh, dear! But the brig-dier general said he had half a mind to try it and see what frozen pudding was, and the old lady said he needn't be a bit afraid for everything they made there was good. But while they were talking the judge, who was wanted at the courthouse again, had had his brought in, and he spoke up and said they couldn't fool him, it was ice cream. Then the young ladies said again how very, very ridiculous, and they might bring them a little, please. And it ended badly, for through this unwanted advertising of the article it gave out and there was not over half enough to go round. But, begging the judges pardon, it was not ice cream, now what was it?

**112. Frozen Tapioca Custard.**

3 quarts of milk.

20 ounces of sugar.

6 or 7 ounces of tapioca

2 ounces of butter.

12 yolks or 8 whole eggs.

Flavoring.

1 cupful of thick cream to whip in at last.

The pearl tapioca is the most suitable. If the large grained sort is used crush it on the table with the rolling-pin and then sift away the dust.

Steep the tapioca 2 hours in a quart of milk cold, but set it in a warm place. Boil the rest of the milk with the sugar in it, then add the steeped tapioca, cook for 15 minutes. Stir in the butter, then the beaten yolks and take the custard immediately off the fire, cool, flavor with vanilla or lemon, and freeze like ice cream, and when nearly finished add the cup of cream whipped to a froth, and beat well.

**113. Frozen Rice Custard.**

Same as the preceding. Wash 6 ounces of rice in several waters and cook it in the milk. May be flavored with stick cinnamon. If made with rice previously cooked pass it through a colander.

**114. Frozen Sago Custard.**

Same as the tapioca custard. Steep the sago in cold milk first it will then cook in a few minutes.

**115. Apple Ice.**

To be served in combination with a frozen custard such as the preceding three.

20 ounces of cored and sliced apples.

12 ounces of sugar.

1 quart of water.

1 lemon.

Use for this purpose only ripe and sweet apples. Make a boiling syrup of the sugar and a cupful of water and throw in the apple quarters or slices and



the lemon—cover with a lid and simmer slowly till done without stirring or breaking. Strain out the apples and set them on ice. Add the balance of the water to the syrup and freeze it without much beating, then throw in the apples and finish the freezing. This makes a whitish ice. The apples should not be frozen very hard.

### Frozen Compotes of Pears and Oranges.

For the same purposes as the apples preceding, can be prepared in the same way. The object of stewing the fruit in thick syrup is to prevent it from breaking out of shape. The syrup can then be diluted as desired.

The quantities in all these receipts are calculated for the average or probable orders of 50 persons having a varied bill of fare to choose from. When two ices are to be served in combination the quantities of each of course are reduced in proportion. A liberal rule is to provide a quart before freezing for every 10 persons, and the freezing process should increase its volume considerably.

### 117. Lemon Ice.

- 8 lemons.
- 3 pounds of sugar.
- 3 quarts of water.
- 8 whites of eggs.

Grate the rinds of the lemons into a bowl and squeeze in the juice. Make a boiling syrup of the sugar and half the water and pour it hot to the lemon zest and juice and let remain so till cold. Then add the rest of the water, strain the lemonade into a freezer, freeze as usual, and at last add the whites whipped to a firm froth, beat and freeze again. The scalding draws the flavor of the lemon; it should never, however, be boiled and fewer lemons should be used when they are large. The ice is perfectly white.

### 118. Saratoga Ice Cups.

For the following very easy method of serving ices ornamentally there should be provided a sufficient number of tin drinking cups made like tall tumbler glasses, to serve as molds. They need have no rimmed edge. Their slight flexibility makes them better than glasses to get the shell of ice out of. The commonest thin tumblers will answer however.

Take 4 dozen tumblers and set them in a freezing mixture of ice pounded extremely fine and well mixed with salt and a little brine from the freezing tub. The freezing mixture may be in a common washtub, or wooden box, and no deeper than the tumblers. Fill the glasses with thin strawberry, pineapple or lemon syrup, or with any of the preparations for fruit ices. Cover over the top of the

tub with a table cloth and leave them to freeze. In from 15 to 30 minutes the glasses or moulds will have a coating of ice inside perhaps an eighth-of-an-inch thick. The unfrozen syrup should then be poured out and the glasses returned to the freezing mixture for the inside coating of ice to freeze perfectly dry and crystalized. The freezing may be hastened by gently stirring the freezing mixture among the tumblers with a stick and by turning the tumblers with the fingers.

When it is time to serve wipe the outside of the glass or mold with a cloth dipped in tepid water and turn out the shell of ice. Fill it with a curacao or caramel or nut ice cream or any other of different color from the cup itself, or with a pure frothy cream sweetened and flavored and frozen in the same ice cup set in a *sorbetiere*.

Different colored cups may be made with the green syrup of pounded muscatel grapes, with Concord grapes, cherries, etc. Observe that the less sugar these syrups contain the easier the cup shapes will be to freeze and the slower to dissolve. They last longer on the table than the ice creams they are filled with.

Ice cream in shape of eggs: A small number for a party table can be made without moulds by using egg shells of the largest sort. Procure some broad rubber bands from the stationers, such as are used for binding bundles of letter, etc., and half an inch in breadth. Empty the egg shells by making a hole at each end. Fill them with ice cream, soft and just freshly frozen. Draw the rubber bands over them so as to close the holes, brush over with melted butter besides to close all crevices against the salt, then drop them in the freezing tub and cover with the finely pounded ice and salt.

### 119.

Surprise ices: A more elaborate form of the foregoing egg shapes. Fill the shells with a white ice cream only partly frozen and fluid, close with the rubber bands and butter and immerse them in the freezing mixture about 15 minutes for a shell of cream to form inside. Then wash off the outside, remove the bands, pour or scoop out the cream that remains unfrozen in the middle, and place the shells in a freezer well packed in ice and salt to freeze dry and crystalized, as already directed for ice cups. After that fill with chocolate ice cream or yellow frozen custard. The variations are endless.

### 120. Biscuit Ices or Ice Cakes.

#### BISCUITS GLACES.

Ices, extra sweet and rich, in little paper cases made to imitate cakes, sometimes with a brown crust on top as if baked. Very handsome little rice paper cases can now be procured for this and similar purposes. Fill them with any kind of ice or with a number of different varieties. There is no rule as to kinds but nut creams, caramel, chocolate and

strawberry ice creams, and the sponge ices to be mentioned further on, are the most suitable. Smooth over, roll some macaroons to powder and sift that over to give the brown appearance, then place the ice biscuits in a freezing box to remain till time to serve.

Small quantities of ice creams, etc., for biscuits glaces and for lining a mold, can be frozen without the trouble of the regular packing of a freezer for each kind in any sort of deep tin vessel set in a tub of ice and salt, by rapid stirring with a spoon or paddle while the vessel is kept in motion with the other hand. A quart in each can generally be frozen in 10 or 15 minutes.

Ices for biscuits glaces that are made with 1 pound or 1½ pounds of sugar to a quart have a glossy appearance when well worked and draw from the spoon like pulled candy.

## 121.

A freezing box: It is a simple and easy matter to freeze ice cream in a mold that can have the lid put on, be sealed and dropped into the freezing tub from which the ice cream freezer has just been removed. A freezing box involving the use of a larger amount of freezing material is, however, indispensable for some articles. An empty ice cream freezer with the lid on, packed around and on top with ice and salt, is an example of what is wanted. A glass of cream placed inside might be frozen solid in an hour or two. But something more spacious can generally be improvised, such as a broad and shallow boiler set in a tub. The article must have a lid that will admit of ice and salt being packed all over it without danger to the contents.

"Now I have lived long enough to know that each generation says the same thing, and is laughed at for its pains by the generation following."—*Savarin Preface.*

We have adhered closely to one of the highest principles of the best cook which the present age, or perhaps that of Heliogabalus hath produced. This great man, as is well known to all lovers of polite eating, begins at first by setting plain things before his hungry guests, using afterwards by degrees, as their stomachs may be supposed to decrease, to the very quintessence of sauce and spices. By these means we doubt not but our reader may be rendered desirous to read on forever, as the great person just above mentioned is supposed to have made persons to eat."—*Fielding—Preface to Tom Jones—1751.*

"There is no doubt the delicacy of our manners could not suffer the Roman practice of using vomitories, but we have done better, and reach the same

end by a method allowed by good taste. We have invented dishes so attractive that they unceasingly renew the appetite; yet they are at the same time so light that they flatter the palate without loading the stomach. We have arrived at such a point, that if the calls of business did not force us to rise from the table, or the want of sleep interpose, the duration of our repasts would be almost unlimited; and there would be no fixed data for finding what time might elapse between the first glass of Madeira and the last tumbler of punch."—*Gastronomy—1825.*

"Although this kind of ice is seldom served I have thought it best to describe it; it is just possible that, in this transition period, we may see an attempt made to improve the indifferent quality of the refreshments now served at evening parties; and then such delicate preparations as these Iced Froths will be in request. They are cool to eat without freezing the palate; they are perfectly wholesome and suited to the weakest digestion."—*Jules Gouffe—1865.*

"Even if we do the same things as the ancients did, we do them in a different manner."—*Savarin's Preface.*

## 122. Iced Froths.

### MOUSSES GLACEES.

These ices often appear in the menus of banquet, served at Delmonico's. They are whipped cream variously flavored; the froth is piled in glasses which are then set in a freezing box where it is allowed to freeze without any manipulation. Double cream must be used; that is cream skimmed from the top of cream. It should be cold to froth easily. Sweeten and flavor it like any ice cream preparation, and churn it in a pail with a whip churn, such as may be procured at any tinnery, or with a Dover egg beater in a shallow bowl; take off the froth, place it on a fine sieve to drain, and when all is whipped firm pile it in the glasses it is to be frozen and served in.

Maraschino, chocolate, coffee, strawberry, lemon and vanilla creams are suitable but need to be more highly flavored than the ordinary ices.

It will be found a great aid if all the operations can be performed in a cold place.

For the pastry cook who makes sponge cake frequently, it will remove the abtruseness from two or three examples following to observe that they are nearly the same as lady-finger batter before the flour is added.



**Vienna Glace Biscuit, or Ice Cake.****123.**

1 pound of sugar.

1 small cup of water—nearly  $\frac{1}{2}$  pint.

8 yolks of eggs.

1 pint of double cream.

2 tablespoonfuls of vanilla extract.

Make a boiling syrup of the sugar and water. Beat the yolks light in a deep bowl, pour the boiling syrup to them and continue beating, with the bowl set in ice water, till the mixture is cold and very light. Whip the cream to froth and lightly mix it with the other, and add the flavoring. Sift powdered macaroon over the rice paper cases, nearly fill them with the preparation, powder over the tops and set the biscuits in the freezing case for 2 or 3 hours.

The practice so common in Italian and French cookery of using syrups of varying density instead of sugar in making numerous other articles, as well as their especial varieties of cakes, is a remnant of ancient times, for the Italians and the French were fine cooks long before the art of making dry crystalized sugar was known. They used syrups and honey, and the handicraft transmitted from father to son has not been wholly revolutionized by the newer product.

**Spongada, Fromage Glace, or Sponge****124.****Ice.**

Sort of frozen "Tom and Jerry"—needs no milk or cream.

24 yolks of eggs.

6 whites of eggs.

2 pounds of sugar.

1 pint of water.

1 pint of kirschenwasser, or half as much maraschino, curacao, or a little peach brandy.

Make a boiling syrup of the sugar and water and pour it to the yolks previously beaten light. Beat the mixture till cool, pour it into a freezer and continue beating with the wire egg whisk, turning the freezer with the other hand, till it is pretty well frozen, then add the liqueur a little at a time, and then the whites of eggs whipped firm. It looks like a very spongy cake. Can be put in paper cases large or small, or filled in a frozen charlotte.

Another variety of the foregoing may be made by freezing 2 quarts of syrup with chocolate dissolved in it, and when nearly finished add 12 whites of eggs whipped light, and beating all together.

The receipt for *glace à la crème Napolitaine* originally promulgated by M. M. Bernard and Urbain-Dubois from the royal palace at Vienna, perhaps some thirty years ago, had no reference to the brick shape of tri-colored ices of the present fashion. It

was—3 decil de creme double, trois quarts de litre de sirop a 25 deg., 15 jaunes d'oeufs, 1 orange zeste—approximately a pint of double cream, a pound of sugar and a half a pint of water, 15 yolks, and orange flavor, concocted together by the Italian method, i. e. the boiling syrup poured to the yolks, and the mixture beaten up like sponge cake batter, the whipped cream incorporated with it, and the light product frozen quickly.

**125.**

Neapolitan molds: These are in the form of a cigar box or brick; can be made much longer if desired. If ordered from a tinner have them made with two lids and no bottom instead of box-like with one lid; let the rim of the lids have thick wire soldered on to rest upon another wire soldered on the box—much the same as ice cream freezer lids are made.

Neapolitan is the English word, Napolitaine is the French. These are among the words that break us all up with our bills of fare.

**126. Neapolitan Ices or Ice Cream.**

Prepare three ice creams, or creams and fruit ices or sponge ices, of different colors and flavors, and fill the mold (already made freezing cold) with them in equal layers. This is best done by filling one of the lids higher than its rim and leveling it off, then pushing the mold down into it and then adding the other two layers as evenly as possible. Put on the top lid, draw half a dozen rubber bands around each mold to keep the lids in place, fill the interstices with butter and then place the molds in the freezing tub and cover them with pounded ice and salt. Let them remain 2 or 3 hours to harden. Some regard should be had to the compatibility of flavors chosen as, for instance, lemon and chocolate do not taste well together, but chocolate and cinnamon and vanilla do, and an almond flavored caramel cream is suitable with red grape and white cherry ices.

Ices are said to have been introduced into France from Italy by Catherine de Medici.

**Italian Fruit Ice Cream or Iced Plum Pudding.****127.****Pudding.****TUTTI FRUTTI.**

Make a quart of rich yolk-of-egg custard, color it *cafe-au-lait* with two ounces of sugar burnt to molasses color and dissolved in milk, flavor with a quarter pint of curacao, strain, freeze and beat up thoroughly.

Fill a quart measure with a mixture of different kinds of sugared fruits, candied dates, preserved water melon rind, candied citron, seedless raisins previously steeped in a liqueur, figs cut in pieces, some blanched almonds or anything of the sort that is good. Mix these fruits with the frozen custard and pack down with ice and salt to remain while you prepare the molds.

Make also 2 quarts of orange ice in another freezer, add the white of eggs in the usual manner and beat it up white and smooth, then spread it evenly over the insides of 2 or 3 melon molds to coat them. Imbed the molds in the freezing mixture and when the coating of orange ice is frozen firm fill up with the tutti frutti. Spread the orange ice also on top, put on the lids, secure with a number of rubber bands, close all spaces securely with butter and place the molds in the freezing mixture to remain 2 or 3 hours.

When to be served wash the outsides with a cloth dipped in tepid water, carefully turn out the tutti frutti on to a folded napkin on a dish, lay a decoration of gelatine paste upon the white surface and serve.

Or it can be served individually in slices the same as Neapolitan ices.

Nearly all ice cream molds, except the half melon shape, require a lid at each end because the pressure of air renders it difficult to withdraw the ice from a tall shape tightly soldered at the top.

### Gelatine Paste for Ornamenting Ices

#### 128.

Make clear jelly in the usual manner, then reduce it by slow boiling to little more than half, color it as desired, filter again, flavor, and cool it on large platters. Stamp out leaves, fern leaves, flower shapes, etc., and have them ready to place on the molded ices as soon as they are turned out.

There are few terms of more uncertain meaning than the word sherbet. At first perhaps a simple beverage of sweet fruit juice mixed with water and cooled with a handful of mountain snow, it has come to stand for anything from flavored sugar and water and lemonade to frozen champagne punch.

### 129. London Sherbet.

3 pints of water.

1½ pints of wine—port or any sweet kind.

2 pounds of sugar.

4 oranges.

2 lemons.

8 ounces of sultana seedless raisins.

8 whites of eggs.

Nutmeg. Red fruit juice or other coloring.

Make a syrup of the sugar and water and pour it hot upon the oranges and lemons all cut up in a bowl, and the raisins and half a nutmeg with them. When cool strain the syrup into a freezer, add the wine and coloring to make it pink, and freeze and beat up with the whites of eggs as usual. Add the fruit slices at last and mix them in without breaking. Only good thin-skinned fruit can be used this way. Exclude the seeds lest the sherbet be bitter.

### 130. Turkish Sherbet.

1 quart of port or any sweet wine.

1 quart of water.

2 pounds of sugar.

2 lemons—juice only.

6 oranges—juice only.

8 ounces of blanched almonds.

8 ounces of muscatel grapes.

4 ounces of figs cut small.

4 ounces of seedless raisins.

8 whites of eggs.

Cloves and cinnamon, and little coloring.

Make a hot syrup of the sugar and water and pour it over the raisins and figs and 6 cloves and a small piece of cinnamon in a bowl. When cool color pink, add the orange and lemon juice and wine, strain, and freeze it in the usual manner. Take out the spices and add the scalded raisins and figs and the grapes and almonds to the sherbet at last.

Collet, a French captain and refugee, made a small fortune in New York about the year 1815 by making ices and sherbets. Says the *Chronicle*: "The women in particular, never tired of this new pleasure, being especially astonished that they could be kept so cold at a summer heat of ninety degrees."

If sherbets have any distinguishing feature in their composition at all it is the admixture of jelly, either calf's foot or gelatine, recommended by some to give smoothness to the drink and substance to the ice. Mention has already been made of gelatine in ice cream. Either gelatine dissolved or finished table jelly can be added at option to the sherbets preceding, but in that case leave out the whites of eggs which are the substitute for calf's foot jelly.

According the lexicographers the word punch is derived from East Indian pantsh, five, having reference to the five ingredients of punch—water, spirit, sugar, lemons and tea. But that is the old-fashioned punch to be drunk hot.

#### 131.

Roman punch is essentially a strong and good lemonade with rum in it and whipped whites of eggs, and frozen. But almost every one adds to it orange juice, wine or brandy or maraschino and sometimes spices and flavors. These are not essential ingredients but only individual fancies, but it results that there is nothing that cooks in hotels have to make that there are such various ideas about as the composition of Roman punch. As in the caterers who have had the privilege of setting the fashions make other punches "à la Romaine," which are not Roman punch but are made in the same manner with white of eggs, or Italian meringue, (which is boiled icing and acts the same as the whites) and frozen. Rum punch becomes Ro-



man punch by being put through the process just mentioned. The places where Roman punch, or something that passes for it is served with the dessert in place of ice cream are far more numerous than where it is served as a course between the entrees and the game.

### 132. Roman Punch.

2 pounds of sugar.  
3 pints of water.  
5 or 6 lemons—juice of all, zest of 3.  
3 or 4 oranges—juice of all, zest of 1.  
8 whites of eggs.  
Half pint of Jamaica rum.  
Half pint of angelica or other sweet wine.

Grate the rinds of 3 or 4 of the lemons and 1 or 2 oranges, according to their size and ripeness, into a bowl and squeeze in the juice of all without the seeds. Make a hot syrup of the sugar and a pint of water, and when it has cooled a little pour it to the zests and juice, and let remain till cold. Add the wine and the other two pints of water, strain into a freezer, freeze, add the whipped whites, and a few minutes before serving put in the rum and beat to mix.

2. To make a more expensive quality of punch use good French white wine instead of water, except water enough to dissolve the sugar. Rub the orange and lemon zests on lumps of sugar and the flavored syrup made with it need not be made hot. A larger number of lemons will be needed, and the rum is to be added at last as in the other case.

### 133. Russian Punch.

1 quart of black tea made as for drinking, (1 oz. in a quart of water.)  
1 pint of water.  
1 pint of port wine.  
Half pint of brandy.  
1½ pounds of sugar.  
3 lemons.  
Little caramel to color.

Cut the lemons in small slices in a bowl, make a boiling syrup of the sugar and water and pour over them and let stand till cold. Then add the tea and liquors and strain the punch into a freezer and freeze as hard as the spirit in it will allow. Keep the lemon slices on ice and mix them in the frozen punch at last. This should be light ale colored. Use caramel if necessary.

### 134. Maraschino Punch.

2 pounds of sugar.  
3 pints of water.  
2 lemons—juice only.  
2 oranges—juice only.  
1 pint of maraschino.  
6 whites of eggs.

Mix the sugar and water and juice of fruits together, strain, freeze, add the whipped whites and beat up.

### 135. Strawberry Punch.

Prepare strawberry syrup as directed for strawberry ice and add to it a pint of sweet wine and freeze. Color bright rose.

### 136. Imperial Punch.

2 pounds of sugar.  
3 pints of water.  
1 ripe pineapple.  
4 oranges—juice of all, zest of 2.  
4 lemons—juice of all, zest of 2.  
1 nutmeg.  
8 whites of eggs.  
1 pint of equal parts of maraschino, noyau, kirsch, and curacao.  
1 pint of champagne.

Grate or mash the pineapple, add the zests and juice of the lemons and oranges and pour on them the hot syrup made of the sugar and water. Let stand till cold. Then strain and press the syrup from the pineapple, freeze and add the whipped whites as usual, and a little while before serving add the liqueurs and champagne.

### 137. Kisses.

Not dictionary kisses. Unfortunately perhaps for the succinctness of the following disquisition the dictionaries describe another kind of kisses which in some people's minds may possibly intrude and get mixed up with these. But they ought not, for it is not likely that the two varieties have any qualities in common. These kisses that we are going to tell you how to make are soft, tender, sweet, fragile, round, plump, smooth, delicate, nice, light, and they are hollow. That is to say, they should be so if perfectly well made, but some people go on trying all their lives and never produce a perfect kiss. On second thoughts, for fear of the idea of the dictionary kiss perhaps we had better call these trifles by their French names. And you may find one of them if you will look in Mr. Thackeray's book, *Pendennis*. It must be about the middle of the first volume and can easily be found because the French words are in italics. Mr. P. comes to Clavering Hall and he finds the Claverings' young-one sitting on the carpet with his face smeared all over "with the species of lather contained in the confection called *meringues a la creme*." That is one sort. Those are our egg kisses filled with whipped cream. So of course they have to be made hollow, and few beside first-rate workmen can make them so. But there are numerous varieties of the kiss-meringue, and they that can make them are generally proud of their knowledge.

Now plenty of people will make cake icing and drop lumps of it on pans or on paper and bake them and call them kisses or meringues; hard, rough and cracked open little lumps of sugar as they are, and many a country baker exhibits the same thing in his window, never seeming to know that there is a trick and touch beyond that, with the same material, that makes the meringue swell and round itself like the top of a mushroom, into a shell as thin as paper—the meringues and finger macaroons of the fine confectionaries. There are measures and rules for these, and the finest are easy enough when one knows how.

These are trifles of course not to be compared with the importance of making good bread and puddings, yet if one makes such “pretties” at all they should be in the highest degree excellent. We have found oral instructions always useless to the many who have tried to make fine meringues. The cook-books give a dry formula and leave you to hit or miss as it may happen. Therefore we shall be particular to explain all the trick there is about them, believing that at any rate printed words may be quite as good as actual examples for intelligent readers, who can refer to them again if necessary.

### 138. Meringue Paste.

This in various forms has had to be mentioned often in these columns. It is always white of egg and sugar, but is sometimes soft meringue as on lemon pies, and sometimes nearly all sugar as in cake icing and “kisses.”

### 139. Meringues a la Creme.

These are made in two different ways, the first makes perhaps the finest and smoothest glazed meringue resembling frosted glass, but the paste must be used immediately as it soon becomes too thin to keep shape.

1 pound of powdered sugar.

10 whites of eggs.

1 or 2 teaspoonfuls of flavoring extract.

Have everything cold and dry to begin with. Whip the white of eggs in a deep bowl with a whisk made of a bunch of wires, till it will not fall out when turned upside down, add the sugar and flavoring all at once and stir it in just enough to mix it well and no more. Have ready some strips of writing paper two inches wide and pieces of boards (not pine) to bake the meringues on. Place spoonfuls egg-shaped on the strips of paper, not too close, smooth them with a knife, sift powdered sugar all over them, shake off the surplus, place the strips on the boards and dry-bake them with the oven door partly open. They need to bake nearly or quite half an hour.

They can be lifted off the paper when cold. The boards prevent a crust forming on the bottom and the soft remainder inside can be scooped out. Fill as directed in the next receipt.

### 140.

#### Meringue Puffs—An Easier Way.

1 pound of granulated sugar.

8 whites of eggs.

Flavoring extract.

3 drops of acetic acid, or a pinch of tartaric, or a little lemon juice.

Put half the whites in a bowl without beating, and all the sugar with them and beat together with a wooden spoon or paddle. It may save half the labor and insure success to have all the utensils and ingredients quite cold to begin with. It quickens the process if the beating can be done with two paddles, using both hands as regular workmen do. The bowl should be a deep one holding two quarts.

The sugar and egg at first are as stiff as dough. Beat rapidly and constantly for about 15 minutes, when it should be white and rather firm cake icing. Now add the remaining 4 whites of egg, one at a time, and beat a few minutes between each one, but before the last one is added put in the acid and the flavoring.

The whole time of beating is about 25 minutes. An essential point is to beat the icing after the addition of each white until it will again draw up in peaks after the paddle is lifted from it, except the last white which should not be beaten much as it forms the gloss and smoothness on the meringues when they are baked.

Drop this meringue paste in egg shapes on baking pans instead of on paper as in the last receipt, and these being made with granulated sugar instead of powdered do not need any sugar sifted over, they look better without.

Bake in a very slow oven till pale straw color and dry. They slip from the pans easily when cold.

Cut out the thin bottom crusts with a penknife, and fill the meringues with whipped cream sweetened and flavored, or with wine jelly, and either place two together by the bottoms or join them two together side by side with melted candy or icing, like an open walnut shell, and pile whipped cream or chopped jelly upon them. These meringues likewise look well singly as cups filled with bright jellies of different colors and with ice creams.

Instead of placing the meringue paste on the pans with spoon and knife it is much better to use the sack and tube, such as lady-fingers are made with—a funnel shaped canvas bag with a tin tube in the pointed end, the tube about  $\frac{1}{2}$  inch in diameter at the narrow end for these. Fill the sack with the paste and press it out in the size and shape desired.



**141. Rose Meringue Puffs.**

Having made the meringue paste according to the preceding directions, color it, or a part of it, of a delicate pink and flavor with rose extract. Drop with the sack and tube pieces like large marbles on baking pans previously greased and then wiped dry, and bake slowly without color. These rise rounded and nearly hollow and have a gauzy appearance when rightly baked.

Sometimes the first painful of any of these varieties put into the range will run together and melt and come out worthless, and the next come out perfect meringues, or one side of a pan will be spoiled and the remainder good. This shows that the baking is the critical part of the making, and that is what we never can teach by word of mouth. At a certain gentle heat the egg in the meringues cooks and dries in shape, but at a higher degree the sugar melts and runs to candy in bubbles. At an insufficient degree of heat the meringue dries as it would in the sun and does not swell and change its appearance. In the brick oven after the bread has been withdrawn is the proper place to bake meringues.

**142. Chocolate Meringue Puffs.**

There is nothing of the kind choicer or more fragile than these. Only a slight change in the ingredients from the foregoing varieties.

1 pound of granulated sugar.

6 whites of eggs.

3 ounces of grated common chocolate—a heaping cupful

3 drops of acetic acid.

2 teaspoonfuls of vanilla extract.

Beat up the icing as directed for meringue puffs, using 6 whites instead of 8, and when it is finished mix in the chocolate thoroughly. Drop round portions with the sack and tube on baking pans and bake at a very gentle heat. These rise rounded like a mushroom, and nearly hollow. They slip from the pans easily when cold.

**143. Almond Meringue Puffs.**

Take some of the white icing as made for meringue puffs, drop round portions like large marbles on baking pans and stick 5 or 6 halves of almonds that have been blanched and split, in each one, in circular order, and bake carefully.

**144. Coconut Macaroons.**

Make the white icing or meringue paste as directed for meringue puffs and add to it when finished 8 ounces of desiccated cocoanut. Drop pieces size of walnuts with a spoon and knife point, on greased baking pans and bake in a very slack oven. These

favorites for the cake baskets. The sugared kind of desiccated cocoanut is the best to use. Care should be taken to have the icing well made a day before adding it, for no additions of flour or starch will do any good if the icing is inclined to run in the first place. And too much care cannot be taken with the baking. Let the macaroons remain on the pans till cold.

**145. Almond Rings and Fingers.**

Make the same as the preceding with 8 ounces of blanched almonds minced very small. Put a smaller tube in the forcing sack, and form finger shapes and rings of the almond meringue paste on baking pans, and bake them in a very slack oven. These all bake light and nearly hollow and have a fine glazed surface.

The foregoing varieties, which can all be made out of one large bowl of meringue paste, form a handsome assortment for the cake stands, to build pyramids, to place around glass bowls of fruit, to decorate cakes and to fill icing or nougat baskets with.

**146. Common Macaroons.**

12 ounces of almonds.

8 ounces of granulated sugar.

4 ounces of flour.

4 eggs. Pinch of salt.

Crush the almonds without taking off the skins, with a rolling-pin upon the table. Mix them and the sugar and flour together in a bowl. Drop the eggs in the middle and mix the whole into a rather soft dough. Place in lumps size of cherries on baking pans very slightly greased. Bake in a slack oven light brown. A few bitter almonds or peach kernels mixed in improves them.

**147. Meringue Cakes in General.**

Make white icing or meringue paste according to directions in preceding articles and add two more whites to thin it. Color some of it and leave some white. Spread it over sheets of any sort of cake, or on small cakes and bake in a very slack oven with something under the cakes to keep them from too much baking at bottom. Granulated sugar may be sifted over the top before baking, or colored sugar sand on the white.

**148. About Eggs and Egg Beating.**

One of the very first cook-books I ever picked up cautioned the reader not to stop beating the eggs that were once commenced, because they would go down "and no human power can whip them up light again." The statement is altogether erroneous and a very mischievous one for the class of learners

who are always seeking excuses for bad work. And it went on to say, "and sometimes they cannot be whipped to perfect lightness at all. In that case you should procure some fresher eggs," etc.

Hotel work admits of no apologies, and when the steward and cooks plan the dinner they cannot afford to make the appearance of a dish contingent upon the caprice of a dozen of eggs, whether they will choose to come up light or not.

The ease or difficulty of beating up eggs, meringue, icing, sponge cake and the rest depends upon the degree of density or viscosity of the eggs or the white of eggs, and that often depends upon the temperature; they are thicker when cold, and when warm the white of eggs sometimes becomes so thin as to have no more power to hold the air bubbles beaten into it than so much water.

Only last winter a man who had worked with me was boarding at a small hotel and happened in the bar room when some men who couldn't were trying to beat up the eggs for the Christmas egg nog. They had the eggs in a tin pail and sat by the stove taking spells with each other and beating for all that was out, without the least sign of success. As soon as the man saw what was the matter he took the pail, went outside and set it on the snow, and in ten minutes had succeeded in converting the eggs into a painful foam, and the men who couldn't allowed that it was a little trick worth knowing.

Sometimes the eggs can be beaten up quite as easily when warm, but that is when they have lost part of the water they contain by evaporation, as even eggs in the shell will do in dry weather, and thus become as thick as if made cold.

#### 149. Dried Eggs.

White of eggs poured thinly on platters soon evaporates and becomes a powder like pulverized glass. This is easily soluble, even to the touch of a moist finger, can be kept a long time dry and then dissolved in water and used as well as fresh. If the powder obtained from two cups of white of eggs be dissolved in only one cup of water it can be beaten to froth for icing, etc., in a minute or two whether warm or cold. That is the result of condensation. The yolks of eggs dried alone are not soluble but the entire egg beaten together and dried slowly in water, and more rapidly if mixed with sugar before drying.

#### 150.

The varieties of macaroons "kisses" and meringues that might be given would fill several columns, but there is no need. Scores of things of this class with imposing names are but the variations played upon the foundation of a few simple and well known combinations. Any one who has made perfectly the few varieties we have described can easily discover new changes for himself. The proportion of minced

almonds in the white macaroons may be doubled; meringues baked on boards may be made extremely small, placed two together with a spot of apricot Jam inclosed; some may be dredged while still moist before baking with chopped pistachio nuts, etc., etc. These things are not needed by name to vary the hotel bill of fare as some other things that we have to do with are, but are always bunched together as assorted cakes, small cakes or cakes and confectioneries. The following summary will have meaning for those who may have essayed the making of *meringues a la creme*, or macaroons, and failed.

1 pound of sugar and 4 whites of eggs beaten with a paddle till light—about  $\frac{1}{2}$  an hour—makes a stiff cake icing and bakes hard and solid in the shape it is dropped on the pan. 1 pound of sugar and 6 whites makes soft or finishing icing, and bakes in meringues that are partly hollow but still dry and hard, rattling together like walnuts. 1 pound and 8 whites makes the thin and fragile meringue we have described and the finer qualities of macaroons, and when the paste beats up easily, as is the case when the conditions are right, another white may be added with advantage.

For twelve whites to a pound whip the whites with a wire egg whisk at first.

The acetic acid should be added to the icing only when it is nearly finished. Its effect in whitening and stiffening the icing will be seen at once.

The common trouble in making icing or meringue paste is its tendency to run out of shape and drip off the cakes covered with it. This cannot be remedied by the addition of more sugar, which indeed only increases the trouble, but must be prevented by care in the beginning, by having the ingredients cold and not damp and by using enough sugar to the eggs at starting to make a stiff dough that can hardly be stirred, but will get thinner as the sugar dissolves, and the beating done must be rapid beating, not stirring around. Granulated sugar can be made into meringues or icing with more ease and certainty than powdered sugar.

The annexed are candies but match well the meringues and macaroons, with the drawback, however, of being solid sugar and costlier, for their size than the articles of their list. These caramels sell well in the shops.

#### Cocoanut Caramels, White and Red.

#### 151.

1 pound of granulated sugar.

8 ounces of desiccated cocoanut.

A small half cupful of water.

Coloring.

Set the sugar and water over the fire in a small bright kettle and boil about 5 minutes, or till the syrup bubbles up thick and ropes from the spoon, and do not stir it. Then put in the cocoanut, stir to



mix, and begin at once and drop the candy by table spoonfuls on a buttered baking pan. Reserve a few spoonfuls, make it hot again and color with cochineal and thin with a spoonful of water. Drop a spot of the red on each of the white caramels. Should the candy become set in the kettle before all is used it may be dissolved by adding a spoonful of water and setting it on the range again. When fresh grated cocoanut is used the sugar needs to be boiled to the candy point, or 3 or 4 minutes longer.

The yolk of an egg may be mixed with a portion of the candy instead of red coloring as above to make a yellow color, and melted chocolate added for another variety.

### 152.

We set out white cakes, fruit cakes, pound and yeast raised cakes, but if we may judge by the criterion of the quantity used where people have free choice, sponge cake and the numerous varieties from the same mixture, all made without butter, hold the first place as favorites. Italian cakes is the general term for the class; diet-bread cake is the fanciful name for sponge cake sometimes found in old-time cook-books. The loaf cakes of this sort, whether large or small, are not so good when stale, and in some large confectionaries having reputations to keep up, it is made a rule never to sell any over a day old over the counter, but such stock is disposed of at a reduced rate to small dealers.

The good quality of all these varieties depends upon the same precautions being observed as in the case of meringues and macaroons, just fully explained in the preceding columns.

### 153.

#### Lady Fingers or Naples Biscuits.

8 ounces of powdered sugar.  
Quarter cupful of water— $\frac{1}{2}$  gill.  
9 eggs.  
10 ounces of flour.

Separate the eggs, the whites from the yolks, and set the whites on ice in a large bowl. Have the flour also in a cold place.

Put the sugar and water in a deep bright saucepan over the fire, add the yolks of the eggs and beat with a wire egg whisk till the mixture is warm but not hot—5 minutes. Then set the saucepan in a pan of cold water, and continue beating 15 minutes more till the mixture is become cold, thick and whitish and twice its original bulk. Whip the whites to a firm froth that will not fall out of the bowl upside down, and mix them lightly with the other and then stir in the flour, also without beating, and only stirred with a spoon sufficiently to hide it from sight.

The above receipt is well worth learning as it is good for a great variety of Italian cakes and will not have to be repeated here, except as we shall show another way of doing the same thing.

To form the lady-fingers put some of the batter into the forcing sack having a tin tube in it from a quarter to half an inch in diameter, and force it out in finger lengths on sheets of blank paper, with an inch of space between each one. Sift powdered sugar plentifully all over them. Take hold of two corners of the sheet of paper (which may be of half newspaper size) and shake off the surplus sugar on to the table, and lay the sheet of cakes on a baking pan placed ready. Bake 8 or 10 minutes in a moderate oven, allowing the cakes to become no more than deep straw color.

To get the lady-fingers off the paper it is necessary to lay the sheet, cakes downwards, on a table and brush the paper over with water. The cakes will then peel off. Place them two together. The moisture will cause them to adhere.

### 154.

#### Assorted Italian Cakes—Six Ways.

1. Sponge drops: Proceed as for lady-fingers and drop the batter on paper in round shape, large or small; according to fancy.

2. Place flat sponge drops by twos together with jelly spread between, or lemon or orange paste.

3. Have ready a lot of sponge drops. Make two or more colors and flavors of boiled icing or glaze, (directions for making which have already been given,) and dip the bottom of each cake, holding it on a fork, then set the cakes on baking pans to dry.

4. Instead of dipping the bottoms let the tops of the sponge drops receive the icing, and when dry place them by twos together of different colors of glaze with yellow orange paste or conserve between them.

5. Have some finely minced almonds, pistachios, hickory nuts, or desiccated cocoanut ready and mix with the batter after the manner of macaroons and dredge granulated sugar over the cakes instead of powdered before baking.

6. Instead of mixing the minced almonds in the batter mingle powdered sugar with it and dredge it over the moist tops of the cakes before baking.

### 155.

#### Small Savoy Cakes or Savoy Biscuits.

Make the same batter as for lady-fingers and flavor it with vanilla. Bake it either in small paper cases made of writing paper, or in jam or patty pans fastened together by the dozen. Prepare the cases or pans by brushing them over with clear melted butter and shaking powdered sugar about in them instead of flour as with other cakes, and sift powdered sugar over the tops of the cakes before baking. These cakes bake quickly and should be light colored.

### 156.

#### Savoy Cake, Large.

The same as the preceding, baked in a large or fancy shaped mold coated with powdered sugar; powdered sugar also sifted on top of the cake forming a glazed surface when baked.

When we come to examine thoroughly the most authoritative, the most noted and the costliest works on cookery extant, and to sift their methods and directions in the full light of a lifetime's working experience in order to discover the simple principles that must underlie every successful method a good deal is revealed that looks like charlatanism and owlish pretense.

In this little matter of Italian cakes, to look at the imposing lists of varieties, each with its name, its own set of weights and proportions and mode of procedure, one would think it would take about a century to learn them all, but when we know in advance that every one must rest upon the simple sponge cake mixture however well disguised we are acquainted with the whole of them already. The standard sponge cake mixture, as it may fairly be called, is 1 pound of sugar, 12 eggs and 12 ounces of flour. The nature of the ingredients will not admit of a deviation of over an ounce or two. But if in writing a receipt we designate say three-fifths of these proportions of each article, and for the next variety two-fifths or two-thirds or one-half, the only difference in result will be in the number of cakes produced, but the unfamiliar weights and numbers make it appear on the surface as if each variety had an entirely different composition.

The work that the head of either culinary department of a hotel can actually do with his own hands must be but a small portion of the whole, and however skillful he may be he must be largely dependent upon his assistants for the general excellence of his department. But these assistants cannot know and are not expected to learn a different formula for every different thing they are required to make. The head man will get the more help from those working under him the more he can simplify the processes he gives them to carry out.

The receipt already given under the head of Naples biscuits is a good one, but it is only sponge cake mixture at last, and there is a simpler way that may be intrusted to the boys with perfect safety to make all the varieties of Italian cakes that are at all necessary or desirable, and that is only to make common sponge cake batter in a plain and common way.

### 157. Sponge Cake.

14 ounces of sugar.

12 eggs.

12 ounces of flour.

Put the eggs and sugar together in a kettle, tin pail, or deep pan, set in a vessel of ice water and beat the mixture rapidly for half an hour by the clock. Then lightly stir in the flour. If the beating be faithfully performed this sponge cake batter can be used to make lady-fingers, savoy cakes, plain unglazed sponge cakes, jelly rolls and the half dozen varieties of Italian small cakes already described.

One day one of my boys showed me such an assortment as the above all made out of a kettle of sponge cake batter 4 times the quantity of the receipt, and when they have been approved, with a sly look he said: "But I was late and only beat the eggs and sugar 20 minutes."

"Your ingredients were in good condition and the atmosphere is dry and cold. There are exceptions to every rule, but you must work by the rule and not the exception. Besides there is a good deal in knowing how to beat effectively."

### 158. Butter Sponge Cake.

1 pound of granulated sugar.

10 eggs.

8 or 10 ounces of butter.

1 cupful of milk— $\frac{1}{2}$  pint.

2 teaspoonfuls of baking powder.

$\frac{1}{2}$  pounds of flour.

Beat the sugar and eggs together a few minutes as if for sponge cake, melt the butter and beat it in, add the milk, then the powder and then the flour and stir up well. Flavor if desired.

If I had to lose the knowledge of all kinds of cakes but one I should choose the above. It is comparatively cheap; when fresh it is as good as any, and answers more purposes than any other mixture made. In the exigencies that often overtake us when the hotel business is good, I have frequently begun when the doors were just opened for dinner, and had large sheets of this light cake 1 or 2 inches thick and nicely glazed with sugar baked on top ready to send in when the plates were changed either as pudding or cake—about 25 minutes from the time of beginning—which could not be done with any richer mixture.

### 159. White Butter Sponge Cake.

The same as the preceding made with the surplus white of eggs often left over from salad making, etc. Use 1 pound of whites instead of the 10 eggs and add an ounce more butter.

It makes jelly cakes; may have raisins or currants mixed in, and if made cold enough to keep shape makes very fair sponge drops or other small cakes. It is the best also for the following.

### 160. Cream Cake or "Washington Pie"

Bake the butter sponge cake on jelly cake pans, quite thin, and place two sheets together with pastry cream thickly spread between. The pastry cream is the same that is used to fill cream puffs, which see or index.

### 161. Corn Starch Blanc Mange.

2 quarts of milk and a cupful more.

12 ounces of sugar.



6 ounces of corn starch.

1 ounce of butter.

A pinch of salt. Flavoring.

Boil the milk with the sugar in it. Mix the starch with the extra cup of milk, stir it in and let cook a few minutes. Take from the fire, beat in the butter to whiten it, flavor, and put the blanc mange immediately into custard cups previously wet with water. When cold take it out of the cups and serve either with a little sweetened cream, or fruit, or fruit jelly. Instead of cups it may be spread in bright pans, cut in square blocks and served with the smooth bottom side up.

### 162. Corn Starch Jelly.

This can be very nice when nicely made; if not made sour and harsh with too much lemon nor hard and opaque with too much starch.

1 quart of water and a half pint over.

12 ounces of sugar.

1 small lemon.

3 ounces of corn starch—3 heaping tablespoonfuls.

Boil the water with the sugar in it and add to it the juice of the lemon and about half the rind shaved off thin and cut in small pieces. Mix the starch with the extra cup of water, stir it into the boiling syrup and let boil slowly for about 10 minutes to lose its milky appearance and become almost clear. Pour it into custard cups or any kind of molds. Serve in saucers with a spoonful of sweetened cream whipped to froth. This jelly looks better if colored either with burnt sugar or like the following kind.

### 163. Tapioca Jelly.

1 quart of raspberry or other fruit juice strained.

1 cupful of water.

12 ounces of sugar.

4 ounces of tapioca.

Crush the tapioca, if the large kind, by rolling it, and steep it 2 hours in the water and some of the fruit juice. Boil the rest of the raspberry juice with the sugar in it, add the steeped tapioca and let simmer 15 minutes or more. Put it in cups or other molds and serve it cold with a spoonful of yolk of egg custard in the saucer, or with whipped cream. This can also be made with water and flavorings, as directed for corn starch jelly.

### 164. Gelatine Blanc Mange.

2 quarts of rich milk.

12 ounces of sugar.

2 ounces of gelatine.

Flavorings.

1 small cupful of cream to whiten it.

Set the milk over the fire in a bright kettle with the sugar and gelatine in it, and stir them occasionally with a wire egg beater till the gelatine is all

dissolved, but do not let it boil lest the milk curdle. Strain it into a pan and set away to cool. After it has cooled strain in the flavoring—lemon, vanilla, almond, cinnamon or any other—and the cup of cream. Pour it into molds or custard cups, or an inch deep in milk pans, to be cut when set, in squares or diamonds and served with cream or diluted fruit jelly.

The foregoing is the basis of several kinds of creams to be described further on, and will be referred to and not repeated.

A useful rule to keep in mind is— $1\frac{1}{2}$  ounces of gelatine to a quart of water for jelly, etc., but 1 ounce only to a quart of milk.

Cooper's sheet gelatine sells at about half the price of the imported kinds; it is tasteless and as good as any except that is liable to curdle the milk on actual boiling. The transparent gelatines or isinglass, on the other hand, are as liable to burn on the bottom and are troublesome to dissolve.

### 165. Condensing Milk for Blanc-Mangers and Creams.

Skimmed milk which is superabundant in many hotels can be immensely improved for the pastry cook's purposes by condensation. No process is required but to set 4 quarts of milk on the range in a shallow pan with the sugar in it that is required for 2 quarts—probably 12 ounces—and let the milk simmer till reduced to 2 quarts. The cheesy coating that forms on boiling milk will not appear on that which has sugar in it.

### 166. Jaune Mange.

The blanc mange of the preceding receipt with 6 yolks of eggs beaten in after the gelatine is dissolved and just before taking from the fire.

Divide the blanc mange and color only half of it yellow with 3 or 4 yolks, and thus have two colors cut in small blocks to serve in the same saucers. *Jaune* is yellow, *et blanc* is white.

### 167. Almond Cream Blanc Mange.

1 pound of sweet almonds.

2 ounces of bitter almonds or peach kernels.

1 pound of sugar.

1 quart of cold water.

2 ounces of gelatine.

1 small cupful of cream.

Boil the almonds 2 minutes, then take off the skins and pound them a few at a time in a mortar, adding a little sugar and a spoonful of water occasionally. Put the almond paste in a bowl with the rest of the sugar and water and let steep a while. Dissolve the gelatine in a little warm water, add it to the milk-of-almonds, the cup of cream likewise and strain through a napkin with pressure. Set the blanc mange in molds on ice.

### 168. Floating Islands.

A good general bill of fare name for a number of useful trifles cold for dessert that are alike only in being something afloat in a sauce.

1. "Whipped Syllabub" or "Trifle." An ornamental bowl of whipped cream flavored with wine, with a cake in it.

3 pints of sweet cream.

8 ounces of sugar.

1 cupful of madeira or raisin wine

2 thin jelly cakes size of saucers.

Put the jelly cakes in 2 glass bowls. Whip the sweetened and flavored cream with a whip—churn till half of it is froth. Pour the fluid portion into the bowls, pile the froth on top, and drop spots of red jelly or of cream, colored before churning, all over the surface—"Missis Jane" will dip it out with a silver ladle, at the head of the table.

2. Italian cakes spread with jelly floating in wine custard, with whipped cream on top.

2 quarts of boiled custard flavored with a cupful of maraschino.

40 or 50 sponge drops spread with jelly.

1 cupful of thick cream.

Make the sponge drops as directed for lady-fingers, with a crisp sugar coating on top. Spread jelly on the bottoms and drop them, with the jelly side uppermost, in saucers nearly filled with the maraschino custard. Whip the cream a little at a time as wanted for filling the orders and place a spoonful on each float as they are sent in.

3. The preceding kind can be made cheaper with plain boiled custard and thin sheets of cake cut in small squares. All the varieties must be very cold to be good.

4. Place 4 or more lady-fingers, made small for the purpose and not doubled two together, ends downwards in jelly glasses, and pile upon them some wine flavored whipped cream.

5. Snow Eggs. Eggs a la Neige. Snow Balls: 12 whites of eggs.

1 or 2 ounces of granulated sugar.

Flavoring.

1 quart of rich yolk-of-egg custard cold. Have a pan of boiling milk and water ready in the oven. Let the whites of eggs be cold to begin with. Whip them firm, add the sugar, then drop egg shaped portions with a wet spoon into the boiling milk and water, and let them cook a few minutes with the oven door open. They may either be turned over with a skimmer when half done or allowed to acquire some color on top like other meringues. If cooked too long these will shrink to almost nothing. Too much sugar likewise will spoil them. Serve them cold in a saucer of custard. These egg floats are very old favorites. They may be variously flavored, and may have an ounce of melted common chocolate

mixed with the whites while beating to make chocolate float.

6. Make 2 quarts of boiled custard, set in the oven, after letting it cool a little, and drop meringue, the same that is spread over lemon pies, by spoonfuls all over the top. Let the meringue dry bake with the oven door open 6 or 8 minutes, then set the pan away to get cold before serving. Dish up custard and a spoonful of the meringue in saucers. Care is required not to let the custard cook too much while the meringue is baking. The pan may be set in another pan of water not boiling.

### 169. Snow Float.

Snow Pudding. Lemon Snow. Lemon Sponge. Mont Blanc, etc., etc., or Russian Jelly.

2 quarts of water.

4 ounces scant of gelatine.

2 pounds of sugar.

6 lemons—juice of all, rinds of 2 or 3.

8 whites of eggs.

Grate the lemon rinds and squeeze the juice into the sugar in a kettle, add the water and gelatine, set the kettle over the fire and beat the contents frequently till the gelatine is all dissolved, which will be at about the boiling point. Strain it into an ice cream freezer or other vessel set in ice water, and when the jelly has become nearly cold beat it with a wire egg whisk till frothy and almost white. Then whip the whites of eggs firm, stir them in and beat the whole again till it is set, when it will be like snow.

Make a yellow custard with a quart of milk, 8 yolks and 4 ounces of sugar, and flavor, and serve it in the saucers with a spoonful of the float, ice cold.

Articles like the foregoing come in serviceably when, as so often happens there is no milk to be had, for even the custards to go with them can be made with water.

For a yellow variety of the Russian jelly or gelatine float, when it is just at the boiling point stir in the yolks of 8 or 10 eggs quickly and take the jelly from the fire immediately before they become cooked. Flavor with lemon extract if necessary and beat it up without the addition of white of eggs.

Race ginger boiled in the jelly makes another kind. It should be colored with burnt sugar and beaten up like the snow float.

Lemon juice more or less is essential in them all to correct the taste of gelatine.

A spoonful of whipped cream can be served with the floats instead of custard.

Snow float that is left over is all ready to be boiled and run through the jelly bag to make wine jelly of the clearest for the next day. The white of egg in it clarifies it and then its strained out.



Why do fifteen families, numbering seventy-five souls, have fifteen very poor cooks preparing fifteen very poor dinners over fifteen different fires when, if they were all together, two skillful cooks with a helper and a man in the yard and two fires could prepare a most excellent dinner at less cost for them all?

### 170. Fruit Jelly Floats.

Good firm jellies of fruits can be beaten partially light after the manner of the gelatine kinds preceding, and whipped whites of eggs can be beaten in as a finish. Take quince, peach, currant, or other jelly that is hard enough to cut with a knife and warm it sufficiently to beat. Set the bowl containing it in a pan of ice water to cool it while beating, and to  $\frac{1}{2}$  pint of jelly allow  $\frac{1}{2}$  pound of powdered sugar. When light add the whipped whites of 6 eggs. Beat 5 minutes more. Keep cold. Serve in saucers of cream.

Why do fifteen families require as many persons to do the marketing for them, trusting to the butchers and bakers and others for the weights and measures, and trusting to luck for the quality of things bought because the qualities are too small to be worth a person's attention, when, if all were together, one buyer could buy better for them all at once, aided by acquired judgment and knowledge of goods and prices, and scales, weights, measures and books?

### 171. Apple Float.

1 pound of fine, mealy cooking apples pared and quartered.

Half cup of water.

1 lemon.

8 ounces of sugar.

1 ounce of butter.

2 whole eggs and 6 whites.

Clove or cinnamon extract.

Stew the apples with the water, sugar, lemon juice and shaved or grated rind and the butter, in a saucepan with a lid, till they are tender. Rub the pulp through a sieve. Add the 2 eggs and cook the mixture 5 or 10 minutes till thick. Then cool, flavor, beat light and add the 6 whites of eggs whipped firm and beat 5 minutes more. Keep cold. Serve in saucers of custard.

And why do fifteen families living separately have fifteen small portions going to waste when, if all were together, the small portions in the hands of a skillful cook would make a dish of which nearly all would partake and save a large item in the marketing?

### 172. Baked Cocomnut Custard.

2 quarts of milk.

8 ounces of sugar.

6 ounces of corn starch.

Butter size of a guinea egg—1 oz.

8 eggs.

8 ounces of desiccated cocoanut.

Boil the milk with the sugar in it. Mix the starch in a bowl with a little cold milk, add it to the milk on the fire and take off immediately without waiting for it to boil again. Beat in the butter, then the eggs, about half the cocoanut, and pour the custard into two buttered pans where it will be only an inch deep. Sprinkle the rest of the cocoanut over the tops, and a little sugar over that and bake 10 or 15 minutes till set and of a yellow color on top. Must be cold to serve. May have a spoonful of sweetened cream in the saucers.

And when the ice supply is exhausted and the delicious ice creams and water ices which the fifteen families have learned to prize above all the other contrivances for dessert suddenly fail to appear, why must fifteen persons at least worry over the situation and spend the days in unquietness conjuring up cold dishes that shall almost fill the ices' place, when one person making a trade of such knowledge could satisfy them all without effort?

### 173. Peaches and Cream.

The harder kinds of peaches should be chopped to the size of strawberries and mixed with sugar 2 or 3 hours before the meal. Allow about 4 ounces of sugar to a quart. Soft peaches, after peeling, are best only quartered or sliced. If admissible serve them in large glass bowls ornamented with quarters of red or yellow peaches placed in order and a pitcher of cream with each bowl separately. If served individually in saucers pour the cream over only as they are dished up.

Once we read in the *Atlantic Monthly* a series of articles in which all such questions as the preceding were asked with the intent of advising a system of co-operative housekeeping under which the fifteen household martyrs, one for each of the said fifteen families, instead of all suffering at once should take turn and turn about doing the work of each department for the entire co-operating community. It is a good many years ago, but we remember thinking then that the only practicable form of co-operative housekeeping is the American hotel system, modified perhaps in the matters of wider separation of rooms and of individual freedom.

### 174. Strawberries and Cream.

It generally mellows and improves the fruit to let it remain covered with sugar in a cold place a short time before serving. Serve same as peaches and cream.

Strawberries, raspberries and peaches in sugar served in saucers of ice cream must be mentioned also as the great public festival delicacies of the season of fruits. For ice creams, either pure cream, ordinary, or corn starch creams see index.

For the co-operative housekeeping idea has the defect of leaving out the power of discharging incompetents. Under the hotel system when difficulties arise the heads of department's will make almost superhuman efforts and accomplish almost impossibilities, partly because of the pecuniary value of their positions but more on account of the reputation for efficiency to be made or marred. But no co-operative could be a good cook, for example, who should be in office only one week and out four, and did not care much for the office anyway. There are a thousand rocks on which such a community would split up, like the following.

### 175. Strawberry Shortcake.

Scarcely two families or two persons make this alike or believe any other person's way is the best.

We are not going to lay down any rule, but as long as people are asked which part of a turkey they prefer, or how they will have their beefsteak cooked we expect to ask them how they have their strawberry shortcake made.

The bakers and confectioners, who often sell large quantities generally make layers of sweet cake such as the butter sponge cake, and place 3 of the sheets with sweetened strawberries between.

But plenty of people say that is not right, but what can you expect the bakers to know about home doings, and they make a rich flaky sort of biscuit dough with a good deal of shortening in and bake a large round cake big as a dinner plate, split it open and place a plenty of strawberries between the two halves.

And there are others, whose tastes have become vitiated through the enjoyment of the best hotel pies, who say the foregoing kind of short cake is too poor and they want their short cake to be short, so they have the best light and dry puff paste, or the trimmings of it which have been rolled more, rolled out thin on jelly cake pans, nicely baked, rather dry and crispy, and strawberries with their sugary syrup spread plentifully between two, and powdered sugar on top.

But even after these ways have been tried there remain the weighty questions of whether after strawberries have been spread between there should also be more strawberries on the top, and whether the

short cake of biscuit dough should be buttered before being berried, and whether the berries may have cream mixed with them or whether cream is to be served with the shortcake. In short, to quote the words of the song, "How do you like your shortcake done?"

The best kind of flaky light dough will be found in the receipt for poly-poly puddings. It is made with half the pie-paste quantity of butter and half baking powder, rolled in.

### 177. Bavarian Cream.

- 1½ pints of milk.
- 1½ pints of thick cream.
- 12 ounces of sugar.
- 2 ounces of gelatine—full weight.
- 1 cupful or less of maraschino.

Set the milk over the fire with the sugar and gelatine in it and stir till the gelatine is all dissolved—nearly at the boiling point. Then strain it into an ice cream freezer set in ice water and let it get nearly cold. Whip the cream to froth. Beat the milk in the freezer likewise and then mix the two and continue beating till the Bavarian is a delicate white sponge, and mix in the maraschino while beating.

178. These creams are the most acceptable of all the substitutes for ice cream, and have the advantage that they can be set in molds, and different sorts placed on a set table at the same time, or a mold entire served at a family table. For hotel service it is generally best to serve them out of the freezer in saucers with whipped cream or fruit. They then appear on the bill of fare as:

Maraschino Bavarian Cream.

Bavarian Cream with Compote of Pears,—or with grapes, white cherries, or with strawberries not cooked; the connotes of course to be ice cold, a spoonful served like a sauce with the white cream.

### 179. Bavarian Cream Cheaper.

- 3 pints of rich milk.
- 1 cupful of cream.
- 12 ounces of sugar.
- 2 ounces of gelatine.
- 6 whites of eggs.
- Flavoring.

Set the milk over the fire with the sugar and gelatine in it and stir till the gelatine is all dissolved. Do not let it boil. Strain into a freezer placed in ice water and when nearly cold enough to set add the cup of cream, beat 10 minutes, whip the 6 whites firm, stir that in and beat the cream 5 minutes more. Flavor while beating with lemon, vanilla, almond, or other extract, instead of maraschino.



King Louis did not keep his huge establishments for profit and made his Bavarian about like this—quite costly: 1 quart of double cream, 2½ ounces of gelatine, 6 ounces of powdered sugar, 1 cup of milk, ½ cup of noyan or other liqueur. Dissolve the gelatine in the milk in a warm place. Put the sugar in the cream, whip it to froth, drain the froth and whip again what drips through. Put back in the pan, pour the dissolved gelatine to the whipped cream a little at a time, add the flavor and put the cream in molds slightly oiled with sweet oil and set on ice. This, it may be observed, is barely one remove from the iced froths noticed among the ices. The froth is congealed by means of gelatine very cold instead of frost, and might be in glasses as well.

### 180. Strawberry Bavarian Cream

BAVAROISE AUX FRAISES.

- 1 quart of double cream.
- 12 ounces of sugar.
- 1 quart of strawberries.
- 2½ ounces of gelatine.

Dissolve the gelatine in a little of the cream with as much milk added to thin it. Rub the strawberries through a sieve, and add half the sugar to them. Whip the cream with the rest of the sugar in it to froth, mix in the dissolved gelatine, then the strawberry syrup and set in molds.

### 181. ANOTHER WAY.

Line jelly molds with strawberries dipped in melted jelly to make them stick, and the molds set in ice water. When set firm fill the lined molds with either of the foregoing Bavarian creams.

### 182 Roman Cream.

- 1 quart of milk.
- 10 ounces of sugar.
- 1½ ounces of gelatine—good weight.
- Piece of stick cinnamon.
- 1 cupful of thick cream.
- 12 yolks of eggs.
- 1 cupful of curacao, or Madeira wine.

Set the milk over the fire and put in a piece of thick cinnamon, the sugar and gelatine and stir till the gelatine is all dissolved. Beat the yolks light and pour the milk just about at the boiling point to them. Set on the fire again for a minute but do not let it boil. Strain into a freezer set in ice water. When nearly cold enough to set whip the cupful of cream and beat it in and add the curacao. This is a fine dusky yellow cream light and spongy, that falls apart in the saucers of its own weight.

183. The particular touch about all of these creams is the getting along with the smallest possible quantity of gelatine. They are quite another

thing and are not really good when made firm and tough with it. The object of the gelatine is to give consistency enough to the milk to allow it to become spongy when beaten like whipped cream. This also necessitates the creams being served very cold, a point on which their excellence also greatly depends.

### 184. Italian Cream.

Only another name for Roman cream. The following is the form with pure cream which, if it were the only way would generally preclude its appearance at hotel tables. The Italians themselves like to flavor it strongly with rum and add ground cinnamon till it looks brown.

- 1 quart of cream to boil.
- 1 pint of double cream to whip cold.
- 1 pound of sugar.
- 16 yolks of eggs.
- 2 ounces of gelatine.
- Stick of cinnamon and piece of orange peel.
- Curacao or sherry or Madeira to flavor.

Put the gelatine in a cup of milk in a warm place to dissolve some time before wanted. Boil the quart of cream with the sugar, cinnamon and orange peel in it. Beat the yolks and pour them to the boiling cream and immediately take off and strain into a freezer surrounded with ice water. When nearly cold pour in the dissolved gelatine and beat up light, then whip the pint of double cream to froth and stir it in and lastly the liqueur.

We will point out here that all of our own ways, which we call hotel ways, being short and direct, dispense with the separate dissolving of the gelatine, which is really a troublesome and time consuming little matter. We dissolve it in the milk or cream on the fire, without even a previous steeping. Still if we happen to drop into the work-rooms of some *restaurant Francaise* we shall find them proceeding in a different manner, and such receipts as the last serve to show what that manner is.

### 185. Italian Cream with Compote of Figs.

Cut a pound of figs into small pieces and one or two lemons likewise and stew them together with sugar and water. Make the compote ice cold and serve it a spoonful in each saucer with the Roman or Italian cream. A compote of fruit is fruit stewed in a thick rich syrup.

### 186. Rocky Mountain Cream.

Make Bavarian cream, about half the quantity of the first Bavarian receipt, also prepare about a pint of sweet green muscatel grapes, and enough of bright clear jellies cut in dice to make another pint. When the cream is finished beating and about to set

firm mix in the grapes and jellies lightly without breaking them, and pour into a bright milk pan where it will be about  $1\frac{1}{2}$  inches deep. Shake and smooth it down and set on ice. When to be served cut across in strips 2 inches wide. Cut these again in triangle shapes. Place the piece in the saucer with the point upwards, pyramid form, and a spoonful of whipped cream around.

There should be 3 colors of jelly, clear lemon, amber and red wine.

### 187. Chocolate Cream.

- 1 quart of milk.
- 8 ounces of sugar.
- 1 ounce of gelatine
- 2 ounces of grated common chocolate.
- 8 yolks of eggs and 2 whites.
- 1 cup of cream.
- Vanilla extract.

Set the milk over the fire with the sugar chocolate and gelatine in it. Beat as it heats with the wire whisk till all is dissolved. Beat the yolks in a bowl and at the first sign of boiling add them to the milk on the fire, let remain about a minute then strain into a freezer set in ice water.

Rinse out the thick chocolate custard that adheres to the kettle with the cup of cream and add that to the other in the freezer. Flavor with vanilla, beat up as it cools and at last add the 3 whites whipped firm and beat up 5 minutes more. Put the cream in oiled molds or serve it by spoonfuls out of the freezer with a spoonful of sweetened cream whipped to froth as a sauce

### 188. Pistachio Cream.

Make Bavarian cream half the quantity of the first Bavarian receipt. Throw a pound of pistachio kernels in a vessel of boiling water and in two minutes take them out, peel, and pound them a few at a time in a mortar with a spoonful of water. Rub the paste through a sieve, mix it with the Bavarian while beating and color with spinach green—the pressed out juice of spinach leaves mixed with sugar.

Where this cream is desired only for its green color as when it is to fill a mold in imitation of a bunch of asparagus with green tops, almonds can be used instead of pistachios; they are very much cheaper; and spinach juice coloring used the same.

### 189. Rose Cream.

Make Bavarian, flavor slightly with rose extract and color it light pink.

### 190. Charlotte Russe.

Line a plain cake mold, or a small round tin pan, or a long and narrow mold made for the purpose with either lady fingers or large sponge drops. This is

done by dipping the edges of the cakes in white of eggs and placing them side by side overlapping each other. Then make Bavarian cream sufficient, and when finished beating, just as it begins to set, fill up the molds with it.

If poured in too thin the cream runs and covers up the cakes, yet it should be fluid enough to settle to the shape and bind them all together.

Set the charlotte in the refrigerator to become firm and cold.

191. Bavarian cream is designated as being the filling oftenest employed, but there is no rule in the matter and any other of the creams can be used as well. *Charlotte a la Chantilly* is charlotte-russe filled with the thickest of thick cream sweetened and flavored and whipped to froth and made firm enough to turn out simply by being made very cold. *Charlotte russe au marasquin* is the charlotte filled with maraschino Bavarian cream very highly flavored with the liqueur and with correspondingly less sugar. *Charlotte russe aux fraises* is the charlotte filled with strawberry Bavarian cream, or with whole strawberries in whipped cream like the mode chantilly.

### 192. Individual Charlottes

It is easily practicable to make them in custard cups with 3 thin lady fingers trimmed a little to shape and not overlapped. Fill with any of the creams and place them in the refrigerator to set solid. When served have ready some thick whipped cream, turn out the charlottes on ice cream plates and top them with a spoonful of the froth.

### 193. Serving Large Charlottes

Says an old author—Fielding: "Many exquisite viands might be rejected by the epicure if it was a sufficient cause for his contemning of them as common and vulgar, that something was to be found in the most paltry alleys under the same name. \* \* Where then lies the difference between the food of the nobleman and the porter, if both are at dinner on the same ox or calf, but in the seasoning, the dressing, the garnishing, and the setting forth?"

Charlotte-russe is one of the few royal dishes that have become universally known—by name. But as commonly met with it is a fine thing 'rua to seed,' one of the shabby genteel; a very distant relation of the original. The first departure uses a sponge cake with the inside all cut out and the crust filled up with a cream or blanc-mange not so bad; but it falls from that to a lining of slices of any sort of stale cake, of burnt, scraped and trimmed cake, husks and scraps, filled with something sour and nasty.

The individual style of service makes the long and narrow shape of mold desirable for slices to be cut



across, but the lining should always be of lady fingers, their thinness and glazed sugar surface making them the most suitable.

But a large round charlotte may be sliced as well like a cake or cheese and the good workman will like to show in such broad slices the sponge-like texture of the cream filling. A spoonful of thick sweetened cream ice cold should be placed in the plate or saucer first.

194. A charlotte set on the table whole should be ornamented with small piping patterns of cake icing on the sides and a coat of thin icing on top colored very light brown with a red hot salamander held over it. A chantilly charlotte should have no cake lining on the bottom of the mold, and when turned out should have whipped cream piled high on top and spotted with red or with pieces of colored jelly. A strawberry charlotte in like manner should have strawberries and whipped cream heaped upon it. A border of whipped cream placed around the base, or meringues inverted like cups filled with berries or grapes and set around are other suitable and proper ornaments, and so are the shapes of gelatine paste colored green with spinach juice as recommended for molds of ice cream.

### 195. Parisian Charlotte.

Receipts and directions for making different colors of glaze or boiled icing were given in connection with white cakes near the beginning of this book. Cut some thin sponge drops or sheets of sponge cake in squares and dip one side of them by means of a fork in the glaze and let them dry and harden. Have several colors. Line plain drum shaped molds with these colored squares checker-board fashion, dipping the edges in melted glaze or candy to make them stick. Then fill up the molds with any of the creams. When cold and set turn out and set on the table whole as directed for charlotte-russe.

196 Wanted—A Name. Is everything and all this country really running to pie? A Chicago lady tourist kindly wishing to do the writer a service described for him her way of making a "Charlotte-russe" that is highly esteemed among her circle of friends. It accordingly here appears in place. Bake 2 thin sheets of sponge cake on jelly cake pans and while they are still warm place them on soup plates and press them lightly to the shape. Fill one with whipped cream with gelatine in it (Bavarian cream in effect) and place the other sheet of cake over it like a lid. This is convenient to cut. It can be covered with powdered sugar or with icing. It is good, excellent, but through some miserable prejudice or other we don't like to call it charlotte-russe. It is too much like pie.

### 197. Charlotte for a Small Party.

And now for the convenience of those wishing just one charlotte-russe and not enough for a hotel dinner we append a first-class working receipt that will suit.

2½ pints of thin cream.

1 teacupful of maraschino.

7 ounces of sugar.

1 package of Cox's gelatine—1½ ounces.

Put the extra half pint of cream in a small saucepan and the gelatine and sugar with it, set over the fire and beat with the wire egg whisk till the gelatine is all dissolved—the quicker the better. Pour the maraschino into the cold cream, then strain in the contents of the saucepan, set the whole in a pan of ice water with salt in it and whip the cream mixture till it begins to set, when pour it into the prepared mold.

The mold should be made ready beforehand. A 2 quart jelly mold will do, or a cake mold. Line it with lady-fingers placed edge to edge, the edges wetted with white of egg. Ornament the top on turning out with whipped cream or meringue.

### 198 Table Jellies.

There are jellies made with pure fruit juice filtered through paper and set with gelatine—French extras—we may touch upon them further on. These first considered are the everyday, off hand sort found on hotel tables and in the windows of the confectioners who sell them by the mold or glassful, or furnish party suppers.

### 199. Stock Jelly.

Once making of stock jelly serves for 2 or 3 meals. For 6 quarts take:

6½ quarts of water.

3 pounds of sugar.

8 ounces of gelatine.

10 lemons—juice of all, thin shaved rinds of 5.

1 or 2 ounces of whole spices—cloves, mace, cinnamon.

10 whites of eggs.

Put the water in a bright brass kettle, add all the other ingredients—the lemon juice squeezed in without the seeds, the yellow rind pared very thin, and the white of eggs beaten a little with some water mixed in first. The clean egg shells may be put in also to assist in the clarification. Use the sheet gelatine that floats, for preference. Then set the kettle on the side of the range and let it slowly come to a boil with occasional stirring.

Let it boil about half an hour and above all, to avoid the trouble and waste of having to boil it again, be sure that the white foam of egg on top becomes thoroughly cooked so that it will go down

and mix with the jelly again like so much meal. Sometimes to accomplish this it is necessary to set the kettle in the oven a few minutes to get heat enough on the top.

Then run it through the flannel jelly bag suspended from a hook. The boiling having been properly attended to there should be not the slightest difficulty in getting it to run through not only clear but bright and transparent as glass. The first pouring coats the inside of the filtering bag with the congealed white of egg and every succeeding running through brightens the jelly.

The above makes jelly of good quality. It can be made cheaper with less sugar and lemons. It may be set down as a rule that jelly cannot be made this way without more or less lemon juice or some acid equivalent—it will not run through a filtering bag without.

## 200. Jellies in Variety.

The stock having been made it can now be divided into as many kinds as may be desired, thanks to the flavoring extract makers.

But the stock jelly is already good and mildly flavored and care should be taken not to over season it, or injure its bright appearance.

Jelly is quite as much for ornament as use. It can easily be made to attract notice at the finest table for its lustre and rich colors even if never tasted, therefore its appearance is the main consideration. Lemon extract cannot be put in jelly because it makes a milky appearance and dims its brilliancy. Orange extract the same. Most of the other extracts can be used to flavor. Use wine in small proportion to mix with some of the stock and color deep red, but run through the jelly bag again while it is yet warm. Flavor some with vanilla and color it either amber or brown with burnt sugar, and run it through the jelly bag again. Flavor some with strawberry and color it pink, and leave some plain, pale yellow.

## 201. Soda Water Jellies.

Having a number of different colors and flavors prepared as above, fill a sufficient number of tall thin stem glasses with them, but not quite to the top, and set them in a cold place to harden. Make the foam for the tops by beating a pint of jelly with a wire egg whisk in a pan set in ice water and when it is partly frothed whip up the whites of 3 eggs, add them to the jelly and continue beating them together a minute or two. Then pile the white froth thus made on top of the glasses. Keep them in a cold place to solidify, and serve them very cold. These make a fine appearance in pyramidal form on a set table.

## 202. One Quart of Jelly.

The rule is, for good quality:

1 quart of water.

1½ ounces of gelatine.

8 ounces of sugar.

1 or 2 lemons

1 teaspoonful of whole mixed spices.

2 whites of eggs and the clean shells.

But a cupful of water more must be added to allow for evaporation and loss unless it is intended to add ½ pint of wine to the stock jelly produced.

For jellies to serve ordinarily at dinner pour them in bright pans, an inch or more in depth and when set cut out little diamond shaped blocks and serve two such pieces of different color in the same saucer.

## 203. Champagne Jelly.

Dissolve one package of Cox's or other fine shred gelatine in ½ pint of hot water with 6 ounces of sugar in it. Beat about over the fire to dissolve it quickly. Then strain the dissolved gelatine into a quart of champagne in a large bowl. Set on ice and when it is about to set take out half a cupful and beat it with a wire egg whisk 1 minute. Return the frothed jelly to the bowl, stir round once and let it remain on ice to solidify, either in the bowl to be cut out in blocks, or in glasses. There will be bubbles all through the jelly and a thin froth on top.

## 204. Sparkling Wine Jelly.

Take the brightest wine jelly, deep red, as made by the stock jelly method, and froth a little of it and manage as directed for champagne jelly, stirring the froth in with only one turn—not beating, which would destroy its clearness—whipped jelly can be congealed in the bottom of a mold first, nearly cold jelly poured in and the whole turned out at last with the froth on top.

## 205. Punch Jelly.

Make a quart of stock jelly by the 1 quart receipt, and when finished add to it a small cup of strong tea and a small cup of mixed wine and brandy. Cut a lemon in small thin slices and let them float in it. Dish up with pieces of lemon in each portion.

## 206. Pure Fruit Juice Jellies.

For orange jelly: Put the thin shaved rind of 2 oranges in a bowl, squeeze in the juice of 4. Boil a quart of water with a pound of sugar and pour the hot syrup to the orange peel and juice. Dissolve 2 ounces of gelatine in a cup of hot water separately. When the syrup has stood long enough to draw the



flavor of the orange peel filter it—instead of using white of eggs to clarify—through a flannel bag lined with a sheet of blotting paper. Afterwards mix in the dissolved gelatine.

All sorts of fresh fruit juices can be jellified in the above manner. For a guide to the proportions of fruit and sugar required in so much water see the receipts for fruit ices. The rule for gelatine is  $1\frac{1}{2}$  ounces to a quart of water or juice.

### 207. Calf's Foot Jelly.

Calves' feet make good jelly as does gelatine, it is only more brittle and liable to fall apart of its own weight. 4 feet will produce about a gallon of jelly. Set them on to boil in 3 gallons of water and keep them simmering at the back of the range till they are dissolved and the liquor is reduced to less than half, which may be in 8 or 10 hours. For further directions see the Book of Salada. When the calf's foot jelly has been divested of grease it is the same thing as gelatine and water and is ready to have sugar and other ingredients added to make stock jelly in the usual way.

### 208. Ornamental Jellies.

1. Fruits in jelly: With the very clearest and brightest jelly various pretty devices can be carried out. Place a fine bunch of grapes in a mold and fill up with jelly. Or partially line a mold with fruits dipped in jelly and let them get cold in place before filling up with jelly. Orange and lemon slices float, but they can be dipped in warm jelly and pushed down to line molds of jelly that is nearly set. Peach and apricot quarters may be done the same way.

2. Fish and other illusions in jelly: Many jelly molds and articles of crockery ware have fishes and fruits stamped in for ornament. Pour a teaspoonful of blanc-mange or jaune mange into the pattern, set it in ice water, turning it about so as to thinly coat it, then fill up the hollow with jelly and let it all set firm. Line a large jelly mold with a coating of clear jelly turned about in it in a pan of ice water. Place your little white or yellow fishes on the lining and when they have become solidly set fill up the mold with clear jelly nearly cold. The fishes appear solid enough from the outside but when cut all that can be found of them is a small mark no thicker than a knife blade.

3. Macedoine jelly: Cut different colored jellies in small dice and mix them together. Moisten with a little clear jelly melted but nearly cold and fill molds with it.

4. Fill molds with 3 colors by letting one larger set solid and then pouring another kind upon it.

### 209. Geneva Lake Cakes.

Device for showing fine icing work that is lost on large pieces. Make 2 jelly cakes of 3 or 4 layers each and of diameter as broad as the largest cake stands will hold, and cut out the inside of all but the bottom layer of the cakes, making a basin surrounded by a wall. Spread the inside with some kind of jam to hide the cake and then fill them to the brim with the clearest jelly, amber color for one and light red for the other. Ice over the top surrounding rim of cake.

The jelly when poured in must be just at the point of beginning to set. If too firm its transparency will be destroyed, and if too thin it may soak into the cakes.

On the glassy surface of these lakes may be placed white swans of the finest icing, water lilies, boats, gondolas, arbors set on islands, trees, temples, fountains, all of the smallest practicable size. Every thread of the finest icing shows plainly on the surface of these jelly charlottes, and besides they are very good to eat.

### 210. White Mountain Gems.

Make thin sponge drops about the size of the top of a teacup and place spots of meringue paste or icing all around their edge to form a rim or border. The spots should be the size of small cranberries and a high point should be drawn up as the tube leaves them. Bake a few minutes with the oven door open to dry the icing straw color. Fill the centers with a spoonful of wine or lemon jelly so nearly cold as not to run much.

### 211. Spring Lake Gems.

Make macaroon paste by the receipt for common macaroons, drop portions on baking pans and flatten them somewhat by means of two spoons. Bake the macaroons, and when slackened baked put them into patty pans or gem pans of corresponding size and press them into the shape to form a sort of little baskets when cold. Ornament the edges of these with small spots icing as in the preceding article, bake a minute or two, and when cold fill the gems with minced wine jelly of different colors mixed.

### 212. Icing and Ornamenting Cakes.

As these matters have been mentioned incidentally in other parts of the book we will recapitulate by observing that there are three well-known ways of ornamenting cakes; first, by patterns in piping of white icing on the cake itself not iced, as on the fine yellow, glazed surface of a savoy cake, or a dark chocolate cake, or a charlotte-russe; second,

by covering the cakes with different colored glaze or boiled icing as described in connection with white cakes, and, third, by frosting with the raw icing as made for meringue puffs and "kisses," and ornamenting with the same.

The first requisite is to make the cake itself symmetrical and level by trimming. The cakes of a skillful cake maker will rise in baking all round alike so that only a mere shaving will have to be taken off, but whether little or much must be cut it is obviously useless to try to make an object that is not "square with the world" look well by merely covering its deformity with a coat of icing.

Fruit cakes always require two coats of icing, and all cakes that are to be handsomely ornamented should have the same double covering.

Make the icing as directed under the head of meringue puffs and macaroons, with a pound of powdered sugar to 6 whites of eggs. Spread it all over the cakes with a palette knife, smooth over rough places, fill up hollows, cover the hole left by the cake mold in the center with a patch of writing paper and ice over that, and leave the cakes an hour or two to dry.

For the second coat use powdered sugar sifted through a fine sieve or Swiss muslin; beat up a pound with 4 whites and then add 4 more whites one at a time, beating after each addition till the icing is firm again, except the last white which makes the glossy surface on the cake and should only be beaten in a little. Drop in the few drops of acetic acid sometime near the end of the beating and carefully add a drop or two of liquid bluing or dissolved indigo, to whiten the icing, and some flavoring extract.

213. To get a fine surface on the cakes as smooth and free from marks as fine card board the icing must be first as firm by beating as it can be made and thinned with the last white of egg, and another if necessary till it will settle slowly to smoothness on the cakes, but will not actually drip off. Besides that the cakes must be made smoother by dexterously drawing over them the edge of a band of paper.

Cut a sheet of foolscap into ribbons 2 inches wide. Spread the prepared icing thickly on the top of the cake, take the paper strip by the two ends and scrape off the surplus icing with the paper edge at one even stroke, drawing towards you. Persons in practice can so well manage a ribbon of paper held stretched between the fingers and thumbs of both hands that way that they can smooth over a cushion or any concave or convex shape covered with icing without leaving the mark of either beginning or ending.

When the sides of the cakes have likewise been covered and smoothed set the cakes in a drying place.

214. The ornamental piping on cakes is done by pressing stiff icing or meringue paste out of the cut point of a paper cornet. Roll up half a sheet of note paper into funnel shape and pin it, nearly fill with the icing, and double over the paper so as to shut it in. If you cut off the point of the cornet straight the piping pressed out will be a plain round cord. If a slanting side snip is taking off the icing comes out like narrow tape. Cut the point of the paper like saw teeth and a three or four sided cord is formed, and there are many variations. We name the paper cornet for example, but for constant use there are made tubes or points of the thinnest brass plate filed into the required shapes at the points, and these are dropped into paper cornets made large enough to receive them.

The brass point that is filed into three saw teeth will form a border of leaves around a cake. The tooth that is uppermost is caused by a motion of the hand to make the indentation marks as the icing passes under and out, and a sudden breaking off draws out the leaf to a point. This will probably sufficiently explain the matter of cake ornamentation for those who have never seen it done, the rest must come through actual practice and example.

## 215. To Make Flowers for Cake Ornaments.

Flower making of icing and gum paste is a trade of itself and it is generally cheaper to buy than to make them. But it often happens that the ready made article is not obtainable and we must do the best we can.

Dip three or four sheets of writing paper in some wax melted on a plate and form the flowers with the cornets or brass tubes on the waxed paper. The cornet that has the point cut off slantwise when pressed will discharge the icing in a narrow ribbon form and it is not difficult with that to form five rounded leaves, the points all meeting in the center and making a pansy, or a number of narrower petals around a centre like a dahlia. To make the conventional red and white roses a core, or little pyramid an inch high has first to be made and let dry to form them on. These cores are of stiff icing forced out of a cornet and drawn up high. They should stand on small pieces of waxed paper. When dry and hard wrap a morsel of the ribbon icing pressed out of the cornet over the point of the core, like the inside leaf of a rosebud. After suddenly breaking off the ribbon commence again at the back of the first leaf and form another, covering the point of the core on the other side. Let the next leaf lean outwards a little and the next still more, making them all adhere to the core by one edge of the ribbon and making the rose leaves larger and larger till the core is covered and there is room for no more. The flat four and five



leaved flowers, such as resemble apple blossoms and pansies, should be painted with a few fine lines of color. The roses are made red by coloring the icing they are made of.

After learning to use the cornets in making borders on cakes and making flowers, to make raised ornamental work, such as lattice work, fences, sides of temples, etc., to be raised up and joined together on the cakes, or baskets and other objects it is only necessary to know that all such may be made on paper coated with white wax, and when the object is dry and hard the paper can be warmed and it will slip off.

Most of the white plaster-like ornaments for cakes in the confectioners' windows, such as birds, baskets, lace leaves, vases and twelfth-cake figures are made of gum paste, a compound that could be eaten but probably never is, although it is one-half sugar.

### 216. Gum Paste.

1 ounce, or a little more of gum tragacanth (gum dragon).

8 ounces of finest powdered sugar.

8 ounces of corn starch.

The gum must be soaked 12 hours or more before it is used. Put it in a cup with half a cup of water, cover to keep out dust and set it on a warm shelf. When dissolved squeeze it through a clean towel by twisting with considerable force. Scrape up the gum, place it on a dish, add the sugar a little at a time and work them together with a paddle or wooden spoon. Add a drop of liquid blue to whiten it. When the sugar is all in begin adding the starch the same way. Pull out the paste as it becomes stiff, and double and pull again, and when all the starch has been worked in the paste is ready for use. It may be pressed into shallow molds of fancy figures made in plaster of paris, or in carved boards and left in them till dry and hard.

### 217. Almond Gum Paste.

An eatable sort, and semi-transparent:

1 ounce of gum tragacanth—allow more for waste.

1 pound of fine powdered sugar.

4 ounces of the paste of pounded almonds.

8 ounces of corn starch.

Blanch the almonds, pound them to a fine paste and pass it through a sieve. Make the gum paste as directed in the preceding article and add the almond paste to it after the sugar and before the starch. This is suitable to make small cornucopia or horns of plenty, and other objects to be ornamented with fine icing for a finish.

### 218. Candy Ornaments.

A marble slab or marble top table is needed to

form panels, windows, and the like, of clear candy, on. Slightly oil the slab. Take a cornet filled with icing and form the outline frame of a church window, for example, and into the rim so made pour clear colored candy. Six or eight keystone shaped panels made the same way may be set up and joined together by the edges to form a basket, which in turn may be filled with macaroons.

The rim to hold the candy in shape on the slab may be made of dough oiled over, or of putty when large sheets of candy are needed to build up large ornamental pieces.

### 219. Plaster of Paris Molds.

Are made by mixing dentist's plaster with water to the thinness almost of cream, pouring it into a shallow box and pressing the object of which an impression is desired down into it. In a few minutes the plaster hardens and presently the fruit, or stamped or carved object can be withdrawn. Articles so used should be oiled before immersing. The molds should be baked at a gentle heat afterwards. A whole tomato or apple mold may be made by entirely covering the fruit in the liquid plaster and when it has hardened sawing in two and removing the fruit. A hole is cut into which the candy may be poured when the two halves are tied together. Gum paste is pressed either with rolling-pin or pestle into shallow molds of shells, leaves and doll figures, which are left to dry and are afterwards painted or ornamented with icing.

### 220. Gum Arabic Icing.

To give to cake icing the tenacity that allows borders of fringe and loop work to be made on cakes, with strings of fine piping hanging between points several inches apart without breaking, mix with every pound of fine powdered sugar from 1 to 2 ounces of gum arabic. Powder the gum and dissolve it first in a spoonful of hot water in a cup set on the side of the range, and add a little at a time to the icing while beating it up. The paste of gum tragacanth (gum dragon) as prepared for making gum paste can also be used in the same manner.

The ordinary methods and means employed for cake and center piece ornamentation having now been explained the writer will here state that he has a different method of his own, which produces ornamental effects incomparably superior to the common clumsy pyramid of cakes or the unmeaning and futile temple of gum paste, and which have gained the admiration of some of the people whose approbation in such matters decides the question of merit. The new method may be fully explained with the aid of illustrations, in a few additional pages at some future time.

## 221. A Few Candies for Amateur Candy Pullers.

The French confectioners recognize as many as twelve stages or degrees in boiling sugar, ranging from the "petit lisse" to the "caramel noir"—from simple syrup to burnt sugar caramel. However, we have not time to learn the degrees—only just a little time to make some candy.

## 222. Candy for Christmas Toys, Etc.

2 pounds of granulated sugar.  
1 pint, or rather less, of water.  
1 large teaspoonful of powdered gum arabic.  
1 level teaspoonful of cream of tartar.  
Flavoring.

Dissolve the powdered gum in the water made warm for the purpose. Then add to the gum-water the sugar and cream of tartar and set on to boil. Do not stir the syrup after it is once well mixed. It should boil about 15 minutes. Then try it by dropping a little in cold water. When the lump retains its shape pretty well and can be worked between the fingers like gum paste it is ready. Pour it into the shallow plaster of paris molds, either oiled or wetted to make doll figures, or figures of animals, fishes, etc., etc.

This, if cast without being stirred, makes clear candy, but to have it white and opaque stir the candy in the kettle giving it only from 10 to 20 turns with a spoon, before pouring it out. The flavoring oil may be added while stirring. Should the candy set in the kettle add water and make it hot again, with care that the candy does not immediately begin to burn to caramel.

## 223. Rose Cream Candy.

The same ingredients and proportions as the preceding receipt. Boil to the same degree. Then take the kettle from the fire, let it stand 5 minutes to lose some of its heat, and red coloring enough to make it pink, and a few drops of rose extract. Have a buttered dish ready, stir the candy rapidly with a spoon till it begins to change its bright appearance to a dull color, that is a sign of setting, then pour it immediately into the dish.

## 224. Lemon Cream Candy.

The same as rose cream candy. Flavor with oil of lemon and use no coloring. This is as white as cake icing.

## 225. Chocolate Cream Drops.

These are lumps of cream candy coated by being dipped in melted chocolate.

Make white cream candy by the method described

for rose cream candy, but flavor it with vanilla if at all. Pour it hot into plaster of paris molds if you have them, making hazelnut sizes of drops. If no molds form the candy when nearly cold with the fingers, then taking them on a fork dip each piece in a bowl of chocolate, either common or sweet vanilla, melted by being set on the side of the range, and set the drops on buttered pans to cool and dry. Other shapes besides drops can of course be made in the same manner. The boiled icings or glaze elsewhere described when left over from icing cakes can also be formed into cream drops and coated by dipping in melted chocolate, and so likewise can be used the common cake icing and macaroon mixtures that may be left over from their first purpose.

## 226. Cocoanut Candy.

Turn to receipt number 222, take the same ingredients and boil the candy to a degree a little nearer the brittle stage; take it from the fire and put in 1 pound of fresh grated cocoanut. Stir rapidly to thoroughly mix, then pour the candy thinly in a buttered dish. When using desiccated cocoanut which has no moisture to reduce the candy to thinness boil the candy only to the point named in the first receipt and the same as for cream candies.

## 227. Almond Candy.

1 pound or a little less of almonds blanched and split.

2 pounds of granulated sugar.  
1 pint scant of water.  
1 large teaspoonful of powdered gum arabic.  
1 level teaspoonful of cream of tartar.  
Rose extract to slightly flavor.

Dissolve the gum in the water made warm, add the sugar and cream tartar and boil without stirring 15 or 20 minutes. When a drop in cold water sets nearly hard so that it can only just be pressed flat between the finger and thumb take the kettle off the fire. Drop the flavoring by spots over the surface, give the candy only one or two turns with a spoon to mix it in, then pour it into slightly buttered pans, in thin sheets. Push the split almonds into the warm candy with the fingers. Mark it before it gets cold for breaking by rolling over it the edge of a thin dinner plate. Sliced cocoanut can be used instead of almonds.

## 228. Stick Candy.

Make and boil the same as in the preceding receipt without the almonds. Pour the candy, or a portion of it, without stirring on to a marble slab. Drop flavoring over it when partly cooled, cut in strips and roll into round sticks.



**229. White Sugar Candy to Pull.**

1 pound of white sugar.

A small half pint of water.

A half teaspoonful of cream tartar.

1 ounce of butter.

Oil of peppermint or lemon or other flavoring.

Boil all together, except the flavoring, about 15 minutes. Try by dropping a little in cold water. It must set hard to be done. Do not stir it at all, but pour on a buttered dish and flavor when cool enough to handle. Pull it till it is quite white.

**230. Peanut Candy.**

1 pound of sugar.

8 ounces of peanuts.

Make the peanuts hot in the oven. Set the sugar over the fire in a kettle to melt without any water. Stir it a little. When it is all melted and of the color of golden syrup or light molasses mix in the peanuts, pour the candy into a buttered shallow pan and when nearly cold cut it into strips and blocks.

231. Hickory nut and almond candy is made in the above manner, and will be better with a pound of the nuts instead of half a pound. In the same manner with a pound of grated cocoanut a brown variety may be made to match the white and red cocoanut caramels (called also cocoanut cakes and cocoanut gems) described at number 151. Nougat is the French name of nut candies made by melting the sugar without water as in the foregoing receipts.

**232. Nougat Baskets—Corbeilles de Noix.**

The hickory nut, almond, pecan, or cocoanut candies made as directed for peanut candy may be pressed while cooling into basket shapes of tin or crockery ware, and sticks and twists of the same placed for handles and borders. Very small baskets formed in fancy gem pans are used to fill with strawberries or other articles for ornamental purposes on set supper tables. For this purpose the proportion of nuts may be increased to 1½ or even 2 pounds to 1 pound of sugar.

**233. Almond Taffy.**

Called in England Everton taffy, after a town of that name.

1½ pounds of brown sugar.

8 ounces of best fresh butter.

1 teacupful of vinegar and water—about half and half.

8 to 12 ounces of almonds.

Scald and peel the almonds, split them and spread them evenly on two large dishes slightly buttered. Boil the other ingredients together about 15 or 20 minutes. Shake them together at first but do not

stir. When a drop of the candy sets quite hard and brittle in cold water take it from the fire and pour it evenly all over the almonds, only just deep enough to cover them. This kind cannot be stirred nor pulled, as the butter separates from the sugar which then turns grainy.

**234. Caramels, Plain or Maple.**

Make the candy of the preceding receipt, omitting the almonds. When it has cooled on the dishes mark it in squares with the edge of a dinner plate rolled over it, and when cold cut the markings through, making little square blocks.

For maple caramels use maple sugar in the same way.

**235. Chocolate Caramels.**

1 pound of sugar—either brown or white will do  
1 ounce of butter.

Half cup of milk.

2 ounces of grated chocolate.

Vanilla flavoring.

Set the milk, butter and sugar on to boil, and stir in the grated chocolate and flavoring. After that do not stir the mixture again or it will go to sugar in the dish. Boil about 10 minutes. When a drop in cold water sets rather hard but not brittle pour the candy into a dish well buttered. Mark in little square blocks when set. Warm the dish or tin tray a little if the candy sticks.

**236. Molasses Candy to Pull.**

1 large coffee cupful of molasses.

12 ounces of sugar, either brown or white.

One-third of a cupful of vinegar.

Half cupful of water.

1 ounce of butter.

Put all in a kettle and boil 15 or 20 minutes. Try in cold water. It must boil till the drops set brittle and fairly snap between the fingers. Then pour it on buttered plates. Pull.

237. Molasses candy if not pulled but merely allowed to set on dishes is improved by having about a half teaspoonful of soda stirred in after it has been taken from the fire and before it is poured out. Flavorings may be added at the same time.

**238. Chocolate Candy to Pull.**

8 ounces of sugar.

8 ounces of light colored molasses or syrup.

Half cupful of cream.

1 ounce of grated chocolate.

Vanilla to flavor.

Boil the cream, molasses and sugar together about 15 minutes, then throw in the chocolate and boil till the candy sets brittle in cold water. Pour on dishes, flavor when cold enough to handle, and pull.

**238 a. Chocolate Cream Drops.**

- $\frac{1}{2}$  pound fine icing sugar.
- 1 teaspoonful powdered gum arabic.
- 2 tablespoons water.
- 1 teaspoonful extract vanilla.
- $\frac{1}{2}$  pound common chocolate.

Cut up the cake of chocolate into a tin cup and set in a shallow pan of hot water to melt by heat alone without adding any water.

Dissolve the gum arabic in the two tablespoons of boiling water in a small bowl, then stir in fine powdered sugar enough to make it stiff dough, adding the vanilla at the same time. Turn it on the table, roll into a cord, cut off in balls size of hazel nuts and dip these in the melted chocolate. Set on a pan or dish to harden. Makes 75 to 100.

**238 b. Chocolate Creams—Best.**

Make the white inside the same as for the preceding and make the balls up in any shape desired. Instead of common chocolate merely melted dip them in this chocolate icing:

- 1 cup sugar.
- $\frac{1}{4}$  tablespoonfuls water.
- 3 ounces common chocolate.

Grate the chocolate and set it on with the sugar and water to melt gradually in a place not hot enough to burn it. When it has at length become boiling hot beat it to thoroughly mix, and dip in the articles to be glazed while it is hot.

**238 c. Chocolate Cream Dominoes.**

The white cream candy same as for chocolate drops. Roll it out thin and pour a layer of melted chocolate upon it. Cut when cold.

**238 d. Mint Drops.**

- 1 pound pulverized sugar.
- 1 heaping teaspoonful powdered gum arabic.
- 5 tablespoonfuls water.
- 1 tablespoonful essence peppermint.

Put the water on in a small saucepan or cup and the gum in it and let warm up. When the gum is dissolved put about a quarter of the sugar in, let boil up and then add half the sugar that remains putting it in gradually without stirring. When it boils again take it to the table and stir in the remaining sugar and after that the flavoring. Drop portions the size of quarter dollars on sheets of paper. They slip of the paper when cold. It may be necessary to add another tablespoonful or two of sugar to give the drops consistency enough not to run on the paper, yet it is better to be too thin than too much the other way.

**238 e. Wintergreen Drops.**

The same as the preceding, but make them pink with a few drops of cochineal or vegetable red coloring and use wintergreen extract for flavoring. These drops have a smooth surface but are slightly granulated inside. Clove drops, cinnamon drops, etc., same way.

**238 f. Honey Nougat.**

A moist candy to be sliced, wrapped in wax tissue paper.

- 4 tablespoonfuls strained honey.
- 2 ounces almonds, blanched.
- 1 pound flour of sugar, or icing sugar.

Make the honey hot without boiling, stir in the sugar a little at a time until it becomes too firm, then turn out on the table and knead in more sugar and also the almonds, which must be dry. When the nougat is firm enough to keep its form in a square bar like a brick split lengthwise, sugar the outside, roll it in wax paper and keep it a day before slicing it up for sale. Wrap the little cuts likewise in wax paper.

**238 g. Tutti-Frutti Candy.**

Take the preceding receipt and add to it a teaspoonful of vanilla, two figs cut small and an equal amount of raisins seeded and cut; work up into a bar with all the fine, powdered sugar necessary to make it firm, cut in slices and wrap in wax tissue paper.

**238 h. Walnut Creams.**

- 1 pound fine icing sugar.
- 2 heaping teaspoonfuls powdered gum arabic.
- 5 tablespoonfuls water.
- 3 dozen walnut kernels.
- 1 teaspoonful extract vanilla.

Put a little sugar in the water to make a syrup, and the gum in it, stir over the fire until the gum is dissolved. Take it off and work in the powdered sugar gradually with a wooden paddle. Add the vanilla. The more it is stirred and beaten with the paddle the whiter and finer the candy becomes. At last turn out the lump on to the table—it is like soft white dough—and roll it in one long roll, cut off slices, stick a half of a walnut kernel in each piece and pinch the paste up to hold it, by shaping it in the hollow of the left hand. Lay the finished creams on a tray to dry. This makes about 6 dozen. The sugar is not boiled, only the hot gum syrup is used.

**238 i. Date Creams.**

The same as the preceding kind with dates cut in pieces to use instead of walnuts.



**238 j. Fig Creams.**

Cut each fig in six or eight pieces and proceed as for walnut creams.

**238 k. Angelica Creams.**

Flavor the cream candy with extract of strawberry instead of vanilla. Cut green angelica or any other French candied fruit of a rich color and use as directed for walnut creams.

**238 l. Cocoanut Cream Balls.**

- 1 pound pulverized sugar.
- 1 teaspoonful powdered gum arabic,
- 5 tablespoonfuls water.
- 2 tablespoonfuls cocoanut, minced.
- 2 tablespoonfuls currants, minced.
- 1 teaspoonful lemon extract.

Dissolve the gum in the water hot and stir in the sugar gradually, flavor, fruit and cocoanut. Work the paste on the table with sugar until it is firm enough, cut off pieces and roll into balls a little larger than cherries. Sugar well outside and let dry. The same can be made with candy colored pink. The foregoing kinds are all easy to make because there is no boiling of sugar.

**238 m. Cocoanut Cream Squares.**

- 1 pound granulated sugar.
- 8 ounces cocoanut either fresh grated or desiccated.
- 1 small half cupful water.

Set the sugar and water over the fire in a small bright kettle and boil about 5 minutes, or until the syrup bubbles up thick and ropes from the spoon, and do not stir it. Then put in the cocoanut, stir to mix, and when it begins to look white pour it immediately into a shallow tin pan. As soon as it is set solid mark it off, and cut in little squares when cold. The same kind may be colored red, and also be made with chocolate.

**238 n. Common Boxed Macaroons.**

- 12 ounces almonds.
- 8 ounces granulated sugar.
- 4 ounces flour.
- 4 eggs. Pinch of salt.
- 1 teaspoonful ammonia.

Crush the almonds without taking off the skins, with a rolling-pin upon the table. Mix them and the powder, sugar and flour together in a bowl. Drop the eggs in the middle and mix the whole into a rather soft dough. Place in lumps size of cherries on baking pans very slightly greased. Bake in a

slack oven light brown. A few bitter almonds or peach kernels mixed in improves them.

**238 o. Fig Paste.**

- 3 pints of water.
- 1½ pounds of sugar.
- 3 ounces of corn starch.
- Juice of half a lemon.
- 6 ounce of glucose.

Boil sugar and water together and thicken with the starch same as in making a thickened pudding sauce, then put in the glucose and lemon juice and cook at the side of the range about 15 minutes. Color a portion of it pink. When nearly cold mould it into any form and roll in powdered sugar.

The above compound is the cheap gum drop of the street vendors.

**238 p. Frosted Grapes.**

Take grapes of two colors, as red Tokays and white Muscadels, and pull the bunches apart into clusters of three or four grapes each. Prepare a platter with the sort of pulverized sugar known as fine granulated, and make it warm. Whip some white of eggs in a shallow bowl, dip the grapes in it, lay them on the sugar and sift more sugar on top. Lay them on sieves to dry.

**238 q. Grapes Glazed With Sugar.**

- Divide some bunches of grapes into small clusters.
- Put into a deep saucepan
- 1 pound of sugar.
- 1 large cup of water.
- ½ teaspoonful cream tartar.

Stir to dissolve the sugar, then set it on to boil as if for candy.

When the syrup has boiled 10 minutes try a drop in cold water. When it sets so that it is hard to press between finger and thumb and the edges of drops are hard and brittle it is ready.

Take it from the fire, dip the clusters of grapes in (without ever stirring the candy) and lay them on dishes slightly greased to dry. Should the candy become set in the kettle it may have a spoonful or two of water added and be made hot again.

**238 r. Frosted Oranges.**

Make plain white icing and use it to dip orange slices in just when it has become too thick with beating not to run off, and yet thin enough to settle to smoothness. Have a long splinter or skewer ready for each one. Stick the point of a skewer into the edge of the orange section, dip into the frosting, push the other end of the skewer into a bowl of salt, and let the pieces hang over the edge of the bowl in a warm place to dry.

### Small Pastries

We have now to take up and conclude the list of small pastries that was dropped in order that the book of ices might appear in the summer season.

#### 239. Shell Pies, or Vol-au-vents of Fruit.

Crusts of pies that may be baked beforehand and filled with stewed fruit only as required.

Cover the pie pan with a thin rolled sheet of puff-paste, not made thinner in the middle as for other pies but left of even thickness and smooth. Cut a mark half way through the paste all round the rim of the plate, with the point of a knife and also score across the middle. When this crust has been baked the lid formed by the cutting can be lifted off in two halves and replaced when the pie is filled with fruit.

#### 240. Apple Turnovers.

Sometimes served as a "sweet entree;" more suitable to put in place of pie; best for luncheon, pic-nic parties, and for sale; a favorite form of pastry everywhere.

Make the flaky pie paste with about 12 ounces of butter to a pound of flour, roll it out to a thin sheet and cut out flats nearly as large as saucers, with the lid of a baking powder can or similar cutter.

Place a good spoonful of dry stewed apple in the middle of each piece of paste and double over in half-moon shape. Press the two edges together and crimp them with the thumb and finger. When the baking pan is full of the turnovers brush them over with egg and water and dredge granulated sugar on top. Bake slowly till they are crisp, glazed, and of a fine reddish brown color. These large sizes have generally to be cut in two. They contain more fruit and are better eating than when made small.

#### 241. Cannelons of Fruit.

Proceed as if for apple turnovers, but cut the sheet of paste into squares. Place a spoonful of any kind of firm fruit jelly lengthwise and roll up the piece of paste so to cover and inclose it. The word *cannelon*, like cane, signifies a tube with a pith in it. Egg over, dredge with sugar and bake.

#### 242. Mince Patties.

Roll out a sheet of pie paste, or puff paste if preferred, very thin. Cut out flats with a large biscuit cutter. Put a spoonful of mincemeat, or lemon mincemeat, or mock mincemeat, on one of the flaps, lay another on top and pinch the edges together all round. Egg them over, dredge, sugar and bake.

#### 243. Lemon Patties.

May be made as above and filled with the lemon butter, number 39, or lemon paste.

#### 244. Saratoga Shortcake.

Drain the juice from canned strawberries into a quart measure. To a quart allow 12 ounces of sugar and set it at the back of the range to simmer down as thick as fruit jelly. Then put in the strawberries and cook a short time longer. Roll out two thin sheets of ordinary flaky pie paste and bake them on two baking pans of the same size. When done spread the strawberry compote on one sheet, place the other sheet on top—moving it by means of two palette knives slipped under—and over the top of that spread a coat of thin cake icing. Dry the icing in a slack oven and let it acquire a little pale color. Cut in squares or diamonds when cold.

#### 245. Almond Shortcakes.

Chop 1 pound of blanched almonds quite fine and mix with them 12 ounces of sugar and the whites of 3 eggs, making a sort of paste. A little orange or lemon zest may be added. Cover a baking pan with a thin sheet of pie paste, spread the almond paste evenly over it and cover with another thin sheet of pie paste. Egg over the top, dredge sugar over and bake in a slack oven. Cut in oblongs or squares when cold. Several of the nut creams and conserves may be used in the same way instead of the minced almonds. With a coating of icing or glaze on top the articles of this class made of pastry are found to be very saleable at the bakers' shops.

#### 246. Florentines or Florentine Mer- ingues.

Cover a baking pan with a sheet of pie paste rolled out thin. Spread over the paste some green gage jam, strawberry jam, or fruit jelly, and bake it in a slow oven. While it is baking whip up the whites of from 6 to 12 eggs, and when firm spread it over the hot preserve. On top of the white of eggs sift some granulated sugar and some desiccated coconut should be strewn over that. Bake the cake about 10 minutes more with the oven door open. Cut in squares when cold.

#### 247. English Cheesecakes.

12 ounces of sweet rennet curd.

4 ounces of sugar.

3 ounces of butter.

4 yolks of eggs.

Pinch of salt.

$\frac{1}{2}$  a nutmeg grated.

Lemon extract to flavor.

To prepare the curd see number 303. Rub the curd as taken from the draining cloth through a flour sieve and mash it smooth. Add the other ingredients and pound them all together. Line patty pans with tart paste and nearly fill them with the mixture. Bake about 15 minutes. The curd mixture though seemingly too firm at first melts and puffs up in the oven. Powdered sugar over the tops.



### 248. Puff Paste and Cheese, or Rame quins.

To be served with stewed fruit. Make puff paste, but not the richest--using about 12 ounces of butter to a pound of flour. When it has been rolled and folded twice, the shortening being all in, roll it out again and spread grated cheese all over it with the palette knife. Fold and roll out and spread cheese on it again, and then once more. When it has been folded 5 times in all roll it out thin, cut in squares about  $2\frac{1}{2}$  inches wide, double these squares over something like split rolls, egg over and bake. A small piece cut from the pie paste when making may be enough to answer this purpose.

### 249. Baked Bananas for Breakfast.

Peel the fruit and cut it in halves lengthwise. Lay these strips in close order in a baking pan, strew sugar over and some bits of fresh butter and bake in a moderate oven about half an hour. The fruit should be basted while baking with a few spoonfuls of butter and sugar syrup and should come out glazed. Serve warm.

### 250. Crisped Bananas, New Orleans Style.

Peel and cut the bananas in two across and steep the pieces in white sugar syrup flavored with cut up oranges and nutmeg. When they have steeped an hour or two roll each piece in dry flour, giving it a good coating, and fry in olive oil or clarified fresh butter. Serve hot with the orange syrup they were steeped in strained for sauce.

### 251. Crisped Apples.

Core some good apples such as easily cook soft, then pare them and if large cut them in two. Steep them several hours in sugar-and-water syrup well flavored with lemon. Take the apples out, roll them over and over in flour and fry them in hot lard. Serve with sauce.

Crisped pears can be done the same way if soft varieties of the fruit are used.

### 252. French Frying Batter.

Fine for pine apple and orange fritters, scollops, oysters, frogs, etc.

12 ounces of flour.

12 whites of eggs-- $\frac{1}{2}$  pint.

3 ounces of olive oil--6 large tablespoonfuls

3 ounces of white wine or sherry.

Salt, orange or lemon zest if for fruit fritters.

Whip the whites firm in a bowl, pour in the oil and wine, then add the flour by shaking in a little at a time. Stir till well mixed, use immediately. When this has lost its first lightness by standing in

a warm place a pinch of baking powder beaten in improves it.

### 253. Common Frying Batter.

1 pint of milk.

3 or 4 eggs.

Little salt.

1 large spoonful of melted butter--1 ounce.

Half as much syrup.

1 teaspoonful of baking powder.

1 pound or quart of flour.

Put the flour in a pan, mix half the milk and the other ingredients, except powder, together, and stir up the flour with them to smooth dough. Thin it with the rest of the milk. Beat in the powder just before using. Good for egg plant in batter, as well as fruit fritters. Spoonfuls of it fried in lard also make common fritters.

### 254. Fritters a la Creme--Breakfast Dish.

A sort of sliced custard breaded and fried, made of 1 quart of milk.

6 ounces of sugar.

6 ounces of mixed corn starch and flour.

7 yolks of eggs.

2 ounces of butter.

Flavoring. Salt.

Boil the milk with the butter and salt in it. Mix the sugar in the starch and flour dry and dredge and beat them into the boiling milk. Let it cook slowly at the side of the range about 10 minutes. Stir in the yolks of eggs and take it off. Flavor with lemon, cinnamon, nutmeg or vanilla and let it get cold in a buttered pan. Roll the slices in egg, then in cracker meal, fry in lard, serve warm with syrup. Any good corn starch or farina pudding either baked or boiled when cold can be sliced and used in the same way.

### 255. Sponge Fritters.

A soft and spongy sort different from the common made with a boiled paste.

1 pint of water.

4 ounces of butter.

8 ounces of flour.

1 ounce of sugar.

Boil the water, sugar and butter together, then put in the flour all at once, as if making queen fritters, and let the paste cook about 5 minutes. Then take it from the fire and work in the following and beat well:

2 ounces of flour.

Half cup of water.

5 eggs Flavoring of nutmeg or vanilla.

1 teaspoonful of baking powder.

Fry spoonfuls in a saucepan of hot lard. Serve with wine or brandy sauce.

## 256. Bread in Batter—Smothered. Bread.

PAIN PERDU.

12 ounces of flour.  
1 pint of milk.  
2 ounces of butter melted.  
2 eggs.  
1 tablespoonful of golden syrup.  
25 slices of bread—French rolls best.

Mix the flour and milk to make a *thin* batter and add the other ingredients. Let the bread slices steep a minute or two in it, then fry them in hot lard. They should be barely masked over with batter, not thickly covered like fritters. May be sauteed in frying pans as well. Serve with syrup, sauce, or jelly.

## 257. Fried Pies.

Saleable in the baker's shops. Make them the same as directed for apple turnovers with dough not very rich. Use milk to mix up with and the dough will have a better brown color than with water. Wet the edges with egg and water to make them stick and keep out the grease. Drop the turnovers into a pan of hot lard and fry them brown like *faitters* or doughnuts.

## 258. German Pancakes.

This is an article specially belonging to the restaurant bill of fare, for its only difference from common pancakes or good wheat flour batter cakes is in its being baked thick; nearly as thick as the omelet pan is deep; and such a cake almost constitutes a meal by itself. They have usually to be mixed up at short notice. The following is the quickest way:

1 pint of milk to mix up with.  
10 yolks of eggs.  
4 ounces of melted butter—3 basting spoonfuls.  
2 ounces of syrup—1 basting spoonful,  
Little salt.  
2 teaspoonfuls of baking powder.  
1 pound or quart of flour.  
1 pint more milk to thin it down.

Put one pint of milk in a pan and all the other things with it. Stir hard, rubbing the soft dough smooth and free from lumps, and then add more milk gradually. Put a spoonful of hot lard in the small omelet frying pan, pour in about a coffee cup-

ful of batter and bake it light brown on both sides. Serve with butter and syrup. These cakes are richer made with the yolks only than when the whole eggs are put in.

## 259. French Pancakes—"Jenny Lind Pancakes"

1 pound of flour.  
6 ounces of sugar.  
14 eggs.  
 $\frac{1}{2}$  pint of milk.  
1 large spoonful of melted butter.  
1 pint of cream to whip.  
Half cup of brandy.  
Little salt.

Separate the eggs and mix the yolks with the milk, throw in the sugar, butter, brandy and salt, then all the flour and mix up smooth. Whip the cream and mix that with the batter, then whip the whites and stir in. Bake thin pancakes in omelet pans. Being sweet they burn easily. When done on both sides spread a spoonful of currant jelly on the pancake and roll it up like an omelet. Sift powdered sugar on top. Or, roll up plain and serve a little jelly in the dish. For cheaper kinds see wheat batter cakes.

## 260. Petits Pates—Small Patties.

A delicate sort of small patties have the crust made by frying the coating of batter that will adhere to a solid copper shape that is dipped into it, by immersion in hot lard. The shell can be shaken off when done and the copper wiped and dipped in the batter again for another. The batter will not adhere if the copper shape is made too hot. The German pancake batter or that made for waffles will answer; the best for the purpose is the French frying batter made with oil and wine. Fill the shells with chicken or partridge or other minced meat.

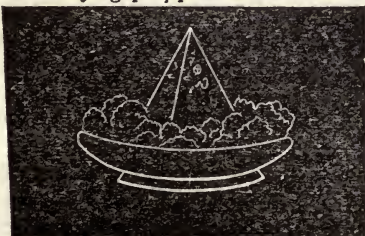
The copper shape will hardly be found ready made. Get a copper bolt made into the outward shape and size of a very small fluted tumbler, but solid, and a handle a foot or two in length fastened in the top to dip it by.



COPPER HEAD PATTY FRIER, FOR SMALL PATTIES A LA MONGLAS, ETC.



THE WIRE EGG BEATER.



ROCKY MOUNTAIN CREAM.



### 261. Apple Creamcake.

For 4 or 5 cakes for a hotel supper take:

3 pounds of flour—12 cupfuls.

2 pounds of butter or lard—4 cupfuls.

2 teaspoonfuls of salt.

1 quart of ice water.

More flour to dust with.

Rub the butter into the flour dry between the hands. Use salt only when lard is employed for shortening. Make a hollow, pour in the water, mix up soft, and roll out on the table.

It makes the cake flaky and part in layers to roll it and fold it a few times like pie paste.

Roll out as thick as biscuit at last and bake on jelly cake pans. Split them open, spread apple cream thickly between and powdered sugar on top.

### 262. Apple Cream.

4 cupfuls of grated apple.

2 cupfuls of sugar.

Butter size of an egg.

2 tablespoonfuls of water.

1 egg.

Flavoring of minced orange or lemon peel.

Either grate apples on a tin grater or finely mince them; put the specified quantity into a saucepan with all the other ingredients and stir them over the fire about ten minutes.

### 263. Covered Lemon Pie—Without Eggs.

8 ounces of sugar—1 large cupful.

3 ounces of flour—1 small cupful.

1 lemon

1 pint of water—2 cupfuls.

Grate rind of the lemon into a small saucepan, using a tin grater and scraping off with a fork what adheres. Squeeze in the juice, scrape out the pulp, chop it, put in the water and boil. Mix the sugar and flour together dry and stir them into the boiling liquor. When half thickened take it off and let finish in the pies.

The above makes two large pies or three small. It is necessary to be particular to get the right amount of flour. The mixture is pale yellow from the rind and sugar.

For the crust rub half a pound of shortening into a pound of flour, mix with cold water and roll out three times. Put top as well as bottom crust on these pies.

### 264. Macaroon Cake.

Often incorrectly called macaroni cake. A specialty at some of the fine bakeries.

It is a sheet of cake with macaroon paste baked on top and fruit jelly in spots. For the cake take

1 pound of sugar.

8 ounces of butter.

6 eggs.

1 small cupful of milk.

1 teaspoonful of baking powder.

Flour to roll out—about 2 pounds.

Warm the butter and sugar and stir them together to a cream, add the eggs two at a time, then the milk, then the powder and most of the flour. Work the dough on the table by pressing out and folding it till it can be rolled out to a sheet. Roll it thin as if for cookies, cut to the size of your baking pans, roll up the piece of dough on the rolling-pin and unroll it on the pan, previously well greased. Bake very light colored and not quite done, because it has to be cooked again.

### 265. Macaroon Paste.

12 ounces of grated cocoanut.

8 ounces of powdered sugar.

2 whites of eggs.

Little lemon extract.

Stir the above ingredients together in a bowl, the sugar and whites first and the cocoanut added.

Place the paste, either with a teaspoon or with a tube and forcing-sack, in long cords across the sheets of cake, and then diagonally across to form diamond-shaped hollows. The cord of macaroon paste need be no thicker than a pencil. Then bake in a slack oven with the door open till top is brown. When cold drop spots of clear fruit jelly in the hollows between the ridges of macaroon paste.

### 266. Macaroon Tarts.

Line small patty pans with sweet tart paste, half fill with macaroon paste, made either with grated cocoanut or minced almonds, and bake slowly in a very slack oven. The insides rise rounded and partially hollow.

### 267. Napoleon Cake.

Roll out two sheets of puff paste quite thin and bake on baking sheets.

When done spread pastry cream (No. 285) upon one sheet, place the other on top of it, and finish the top with the pearl glaze, No. 2. Cut in diamonds or squares.

Another pastry cake of the same sort will be found at No. 244.

### 268. Bismarcks.

Large doughnuts of the plain sort directed at No. 561, with a teaspoonful of stewed fruit inside, cut out like thin biscuits, allowed to rise and then fried.

## A Book of Puffs, Eclairs and Cream Fillings.

Sooner or later it was morally certain these things would get into the papers; the common darkness surrounding the subject and the many innocent deceptions practiced for that reason makes this necessary.

For bills-of-fare may promise fairly enough, but there is not the least certainty that the promised puff fritter will come to table puffy, and it is different with it than with almost anything else in this world; we are accustomed to speak of hollow frauds and hollow mockeries, but a puff fritter is only a fraud when it is not hollow, and you can never properly call a puff fritter your "solid," unless it is a solid mockery of what it ought to be.

There are at least a dozen cooks in Sleepy Hollow who can not make puff fritters hollow, and possibly the most of them do not even know what they are, and yet would resent any hint that they are not first-class cooks. But they are not the only ones. There was a cook of considerable repute, who ran for several successive seasons on that splendid steamer, the Aberbrothock, and he made it a point to have what he called bell fritters, for one of his "sweet entrees" always for the last dinner of the trip.

He went through the motions of making puff fritters, and he made a nice spongy sort of an article, but nobody could see why it was called bell fritter, because it was not "hollow as a bell," and had not even a space inside big enough to hang the smallest kind of a clapper. But one day, by some accident, he got the proportions just right, and, to his astonishment, when he dropped the fritters into the hot lard, they presently began to swell. The pieces of the paste he dropped in were as big as goose eggs at first, which was entirely too large in any case, but he had not been used to seeing them increase much. But this time they swelled and they swelled, and by the time they had attained to the size of canteloup melons, and the two at the bottom had hoisted all the rest and were about to pitch them over, the cook was thoroughly scared; he thought Old Nick was inside them, and, hastily seizing the saucepan by the handle, he threw it and the whole caboodle out of the cook-house window.

Puff fritters, or, rather, the want of them, was the cause of a good deal of unhappiness at the Scylla Cottages, for several years.

There is not a more delightful winter resort than the Scylla Cottages, on the dreamy Southern coast. It is noted the world over for its location upon the very verge of Percival's beautiful coral grove, where the purple mullet and the gold-fish rove, and is only a two hours' easy boat-row from the Isle of Calms, where the sea throws up some new and exquisite tropical shells every day, and Morris's folks, in pensive thought, can wander on the sea-beat shore in an

atmosphere of perpetual Spring. But there had to be some eating done even in Eden, and the Scylla Cottages were kept as an hotel by an estimable landlady. She prided herself upon her life-long experience in housekeeping.

Her regular patrons from the North, who arrived punctually each year just before New Year's, had discovered a spell to keep her in subjection. "What society shall we have this year? Whom do you expect?"—and then—"Have you found a cook yet who can make those delightful souffle fritters? Oh, they make them so elegantly at Long Branch! And you did not succeed with the receipt we sent you? Dear me—and we procured it from one of the most celebrated cooks, it must have been right. Why, they make them over there at the Charybdis Hotel, perhaps as elegantly as our cooks do at Long Branch, and that is quite a splendid place, the Charybdis, but we seem to have become attached to this spot. O, if you only had a really good cook!"

Of course these intellectual people were not in earnest; nobody cares for a fritter, more or less, but they knew that in this way they could infuse gall and bitterness into somebody's life, and when they were good natured they played the subject for sport, and when they were really mean through eating too much green turt'e, they rung the changes for pure spite. They would even go over for a day or two to the Charybdis Hotel, which is really a very fine place, with splendid shell roads and two-forty nags to drive on them; magnificent rows of magnolias, fig orchards and oranges; but, being a literary and artist sort of crowd, they better liked the atmosphere of the Isle of Calms, for "the nightingales sing round it all the day long," and the Southern sunsets from that point are most gorgeous.

As to the Charybdis Hotel fritters, they were hollow, it is true, but they were little, old hardshell things, and whenever they were served the guests had to be furnished with nut-crackers to break them with. And yet, that cook was so proud of them that he guarded the secret of making them from the boys as carefully as if he had discovered a new Aladdin's cave.

He needed not have been so careful. If there were any use of it, no doubt but as many as fifty varieties of hollow fritters could be made. The key to the whole matter is this: **270.**

If you make a very stiff, smooth, cooked paste of flour, then work in gradually about half its weight of raw eggs you have a fritter paste that when dropped in hot lard will swell, and each piece become as hollow as an egg shell. Any other substance, corn starch, corn meal, banana pulp, fruit pulp of any kind, cheese, almost anything smooth will act the same way, either alone or mixed with flour. We shall have more to say about this when we come to souffle pudding.

But these simple foundations are not particularly good eating, and have to be enriched. Their tenden-



cy to puff up is already at the strongest, and whatever is added must be so balanced—more eggs against more butter and sugar—as not to destroy it. In things like these requiring exact proportions it may make a difference if the eggs used be unusually large or small. There is no magic in the number; it is weight you want. Ten eggs average a pound. And it may make a difference, too, if the water be allowed to boil away after being measured.

The receipt next following gives the kind that was made by the Charybdis Hotel cook, and which he was so afraid lest anyone should find out. They used to be called Baptist fritters, because they are never truly good until they have been immersed—in syrup. In campmeeting countries where they are sold on the grounds by measure, the statute requires them to weigh four pounds to the bushel. They can be made to weigh less if made larger. The number of eggs in the receipt is left optional. The Charybdis man only used four because they were dear, and he had to carefully round off the fritters as he dropped them, because while the rich kinds will smooth themselves in the frying fat, these only come out with all the rough corners magnified. You will like them with six eggs, and are not *obliged* to furnish nut-crackers, even with the other proportion.

### 271. Hardshell Fritters.

- 1 pint of water.
- $\frac{1}{2}$  pound of flour.
- 4, 5, or 6 eggs.
- Slight seasoning of salt.

Bring the water to a boil in a bowl-shaped saucepan of good size; drop in the flour all at once and stir to a firm, smooth paste, which will require about five minutes over the fire. Then take it off and, after letting it stand a few minutes, work in the eggs one at a time with a large spoon. Beat the paste up against the side for at least five minutes. It does no harm to let the paste stand an hour or two before frying, after it is made, but it must not be allowed to get cold before the eggs are beaten in. Set on an iron frying kettle half filled with clarified meat fat, and when that is hot drop in pieces of the paste about as large as guinea eggs. Only a few at a time. When done, take up with a skimmer; drain on a colander or sieve; serve with syrup. Makes twenty-five.

### 272. CORN STARCH FRITTERS.

#### Balloon Fritters.

The boss fritters of the tribe. Crisp and fine. No limit to their swelling capacity but the size of the kettle. When made of the size of footballs the kettle has to be set in the oven to finish, because they merely float on top of the fat and cannot cook

through. Weigh the starch; don't trust the packages for weight.

- 1 pint of milk.
- $\frac{1}{2}$  pound of corn starch.
- 1 ounce of butter.
- 8 eggs. Little salt.

These are made same way as the "hardshells," except that the starch has to be mixed separately. Boil half the milk with the butter and salt in it, and mix the starch smooth with the other half; pour it in the saucepan and stir over the fire till it becomes a firm paste well cooked.

Beat the eggs in one at a time. Have fresh sweet lard *moderately* hot, and drop in pieces of the paste as large as guinea eggs, by pushing them off the point of a spoon. They need considerable time to fry. Serve with sauce; transparent, wine, brandy, lemon or custard. Makes about twenty-five or thirty.

### CROUSTADES SOUFFLES.

#### 273. Fried Puff Borders.

For individual entrees. Suitable to serve instead of Yorkshire pudding with any roasted or braised meat having a brown gravy.

Make either the corn starch fritter paste or the queen fritter paste next following. Put it in the lady-finger sack and press out in piping smaller than a little finger, on to a greased tin lid or a baking pan of small size. Form the piping into oval rings the size required for your individual dishes. When the frying fat is ready, turn the lid upside down with the rings on it and dip them in the fat. They will immediately slip off and retain their shape while frying, but puff considerably. Where many are wanted at once, a baking pan does best to fry in, a smaller sized tin pan that will go down in it being used to make the shapes on. Instead of forcing sack and tube, a half sheet of stiff paper, made into a cornet, pinned, and the point cut off, will do. Serve hot, with the meat in the centre and gravy in the "sh.

The two following are the kinds that they made so elegantly at Long Branch.

*Beignet* is the French word for fritter. *Souffle* is puff. *Soufflé* is puffed. Perhaps puffed fritter would be better English than puff fritter, but common usage seems to sanction the latter.

#### 274.

#### Queen Fritters. Beignet Souffles.

Sometimes filled with pastry-cream and called *beignets au frangipane*.

- 1 pint of water.
- 4 ounces of butter.
- 8 ounces of flour.
- 10 eggs.

Boil the water and butter together in a bowl-shaped saucepan large enough to beat the mixture in. Put in the flour all at once and stir over the fire till you have a firm, well-cooked paste. Take it from the fire, let it stand to lose a few degrees of heat, then work in the eggs one at a time with a spoon, and beat the paste well against the side of the saucepan. Fry same as the other varieties. They may be glazed by sifting powdered sugar on them and melting it by setting in the top of a hot oven, or else with a red hot salamander or shovel, held over. May be served also with raspberry vinegar, lemon juice and sugar, custard, or any pudding sauce. The receipt makes forty to fifty.

None of these fritters require any such thing as soda, or baking powder, or any substitute as is often absurdly directed; neither do the eggs require beating, otherwise than in the paste, as described.

These remarks apply as well to all the baked puffs, *eclairs*, *talmouses*, etc., of similar character.

When any of them fail to puff up as expected, it usually requires another egg in the paste. There is a certain point of softness when the paste will almost run out of a spoon, but not quite, that is the best for lightness, and is soon learned by practice.

## 275. SPANISH PUFF FRITTERS.

### Beignets Souffles, a la Vanille.

All the preceding kinds are unsweetened and cook light colored; these contain sugar and require care to prevent their becoming too dark in frying.

- 1 pint of water.
- 7 ounces of butter.
- 3 ounces of sugar.
- 10 ounces of flour.
- 6 eggs, or 7 if small.
- 2 teaspoonfuls extract vanilla.

Boil the water with the butter and sugar in it, put in the flour and make the fritter paste same way as directed for the preceding kinds, adding the vanilla with the last eggs.

Fry in good lard slowly. They may be five minutes before they begin to expand. Take them out with a skimmer; drain on a colander; dredge powdered sugar over and serve. Enough for average orders of fifty persons.

Fritters *glacés au rhum*, or otherwise, are fritters glazed, either with a thick sugar syrup flavored with rum (a rich pudding sauce) poured over them, or else powdered sugar melted on the fritters in the manner before described.

## 276. Ring Puffs With Jelly.

For luncheon or supper.

Make a puff fritter paste, the Spanish puff preferable, but the others will answer. Put a tube in the forcing sack not much larger at the point than a pen-

cil, and half fill the sack with the paste. Squeeze out piping and form rings of it the size of the top of a coffee cup, on tin lids previously greased over with lard. When the frying fat is hot, dip the lids in it upside down and the rings will slip off. Fry them light brown; drain on a colander; split them all round with a sharp penknife; spread jelly, or fruit jam, or lemon butter between the halves; place them together again, dredge powdered sugar over and pile on a stand covered with a napkin.

## 277. Ring Puffs With Peaches.

Make the rings as in the preceeding case. Instead of splitting and spreading, place them in dishes or saucers and half a peach on top of each, the syrup to be poured under. The peach halves, if the entremet is to be served hot for dinner, should be baked for the purpose, with sugar and butter, or else stewed in syrup. If to be served cold, preserved or brandy peaches can be used.

## 278. Bell Fritters.

This is the way they were made by the cook of that splendid steamer, the *Aberbrothock*, when he made them right and threw them out of the cook-house window in alarm because they swelled.

- 1 pint of water.
- 3 ounces of butter, or lard.
- 8 ounces of flour.
- 5 eggs, or 6 if small.

Make as directed for queen fritters. Good lard is preferable to bad butter.

What do you do with the stale pieces of bread that are left over so abundantly, wherever there is an abundant table set and people pick and choose so? Good bread; not the rough, unshapely biscuits spoiled with inferior yellow baking powder, top crust blistered and bottom crust soiled, so brittle and coarse that they crumble in the fingers, go down like sawdust and leave a taste of soda and salt butter in the mouth, but nice slices of white bread, good rolls, flaky biscuits, fine grained muffins. There are about three-score-and-ten needs and uses for such as these in good cooking. In half of them nothing but bread will do, in the other half bread makes a good substitute for something else, as in this receipt.

## 279. Bread Puff Fritters.

- 1 pint of water or milk
- $\frac{3}{4}$  pound of white bread crumbs.
- 2 ounces of butter.
- 5 eggs.

Shave all crust off the bread and crumble it fine. Boil the water, put the bread crumbs in and stir and mash to a smooth paste over the fire—five minutes—then add the butter, and when it is worked in



take the paste from the fire and beat in the eggs one at a time as for other fritters.

This makes a good fritter, but less certain to be hollow than others; depends on the fineness of the bread.

The next, made by a different method, is one of the most delicate preparations of the potato. But there are potatoes and potatoes. It would be labor thrown away to use any but the best flavored and mealiest for such a purpose.

## 280.

### FRENCH POTATO FRITTERS.

#### Beignets de Pomme de terre.

Potato puree and eggs beaten light and fried. Hors d'œuvre, (side dish) or vegetable garnish for entree, or sweet entremet with brandy sauce.

1½ pounds of pared raw potatoes.

4 ounces of flour.

4 tablespoonfuls of cream.

Same of white wine or sherry.

6 whole eggs and 4 yolks.

Juice of half a lemon. Nutmeg.

Boil the potatoes well done in salted water, drain dry and mash them thoroughly—better through a colander. While still warm, mix in all the other ingredients except the flour. Then set the pan or bowl in ice-water and beat the mixture 15 minutes or more, like making sponge cake. When light stir in the flour. Fry small spoonfuls, egg-shaped, in hot lard. Drain on paper. Serve hot. Makes about 50. Not hollow, but very light.

## 281. Transparent Fritters.

Crisp. White. Good to use up whites of eggs left out of muffins, custards, etc., wherein they do no good. Serve with red wine sauce, or lemon juice and sugar.

½ pint of milk, or water.

3 ounces of butter, or lard.

3 ounces of corn starch.

½ pound of white of eggs (9 whites).

Make as directed for other starch fritters. Fry slowly. If the batter is beaten too much after the whites are all in, the fritters are liable to explode when near done. (They never explode on the table—no danger.)

We now come to cheese puffs and creams. In the great majority of instances when anything made with cheese appears in a bill of fare, the kind named is Parmesan. Besides this, the cook is directed to use various other foreign cheeses, according to what the purpose may be. In Italian cookery, one writer observes, "several varieties of cheese are much employed: such as the cheese of Switzerland and Sa-

voy, under different names; and Parmesan (named from Parma), though it is made in all the north of Italy, and particularly in Lombardy. Gruyere cheese is, however, most used throughout Europe; Parmesan is twice or thrice the price out of Italy. In Italy, a plateful of grated cheese is mostly served with the soup, when each guest takes what he likes and mixes it on his own plate."

Another writer says: "My friends had two surprises of which I myself had not thought—Parmesan served with the soups, and a glass of dry madeira after. These were two novelties lately imported (into France) by Prince Talleyrand, the first of our diplomatists, to whom we owe so many wise and witty sayings, etc."

Every well regulated hotel storeroom of course has all the different varieties of cheese on shelf, properly labeled, so that the cook can have all the world before him where to choose. But those who live where it is found difficult to obtain anything but American cheese, if they have not already read it, will be gratified and interested in reading the following, from "Practical Cooking and Dinner Giving."

"Among the best cheeses of England are the Stilton and Cheshire; of France, are those of Neufchatel Brie and Roquefort. The *fromage de Roquefort* is, perhaps, one of the most popular of all cheeses. The Gruyere cheese of Switzerland is also a well known cheese. It is made from new milk, and flavored with a powdered herb. The Roquefort cheese is made of a mixture of sheep's and goat's milk. The Parmesan (an Italian cheese) is made of skimmed milk. It is a high-flavored and hard cheese, and is not sent to market until it is six months old, and is often kept three or four years. It is extensively used, grated, for cooking.

Our American cheeses, since the introduction of the factory system, are exported in immense quantities to England, where they are much sought for, and considered by epicures as great luxuries. This is generally astonishing to Americans abroad, who, at home, often consider it only in rule to offer guests cheese of foreign manufacture.

\* \* \* \* \*

Perhaps the cheapest of the foreign famous cheeses is the Neufchatel. It comes in little rolls about an inch thick and three inches long, is enveloped in tin-foil and costs about twenty cents a roll.

The tariff may be saved by purchasing the Neufchatel manufactured in New Jersey and Westchester County, New York. As for that, the Stilton made in Cayuga county can hardly be dected from the Leicestershire manufacture itself; and in fact, nearly all the famous cheeses are very perfectly imitated in America, so that those who choose may indulge in foreign names and encourage home manufacture at the same time."

The moral to be drawn from the preceding extract is that for cooking purposes at least, American cheese will do very well, even for dishes *au Parmesan*, or *à la Parmesane*.

**Parmesan Fritters with Apples.****282.**

$\frac{1}{2}$  pint of water.  
1 ounce of butter.  
4 ounces of flour.  
4 ounces of cheese.  
5 or 6 eggs.

Grate the cheese, if dry enough, or else mince it extremely small.

Make the puff fritter paste by boiling the water with the butter in it and then stirring in the flour.

When well cooked take the saucepan from the fire, add the grated cheese and beat it into the hot paste with a pestle. Then work in the eggs one at a time and beat the mixture for several minutes. Fry small fritters. They swell very much and are not good if dark colored. When done, drain them—on paper if necessary—open each one with a twist of a fork, and put in a teaspoonful of dry-stewed apple seasoned with fresh butter. When the cheese is of a very dry sort, a little more butter is needed to make the paste.

The receipt preceding and the next to follow have been rehabilitated from some of those delightfully vague instructions for making Italian or other dishes, which say, "take a glass of water and a handful of cheese and a pounded anchovy, and some flour, and eggs enough to make a paste not too thin, etc." The anchovy is for flavor and can be added or not, at pleasure.

**283. Ramequin Puffs.**

Make the cheese fritter paste of the foregoing receipt.

Cut some manilla paper in broad ribbands, and brush them over with a little melted lard.

Form the paste in ring shapes on these papers, by pressing it out of a paper cornet, or a sack.

These are not slender rings, but more like flat cakes with a depression in the centre.

Draw the bands of paper through the hot frying-fat and the puffs will slip off. They should be fried of a light color. Drain, then split them as you would muffins, and spread between some creamed cheese or fondue. Dredge a little grated cheese on top, and set the pan containing them in the top of the oven for two minutes before serving. Care is required in forming the shapes not to have them too large, as they expand considerably.

**284.****About Clarifying Frying Fat.**

A number of articles have now been described in this column that have to be fried by being immersed in hot fat, enough at least to cover them. As it may be a long time before they will have to be mentioned

again, a few explanations here come in place.

When the clear fat—possibly several inches deep—is skimmed off the top of the soup stock boiler and strained into a frying kettle, it *looks* clear enough and ready for frying. But in fact it contains a good deal of water and gelatinous matter that must be got rid of.

When it is set on the range it soon boils rapidly, and inexperienced persons are apt to think that it is then ready to receive the articles to be fried, but if they are dropped in at that stage they only boil all away to a mush, and perhaps the grease foams over on to the range. If, however, the grease is allowed to continue boiling—it may take an hour—the water will all be expelled and the gelatinous matters, or gravy, will all be found coated over the bottom of the kettle. The grease is then motionless and will soon begin to smoke—it is hotter than boiling water. If now poured off into a clean saucepan, it is clarified and ready for frying in, and may be set away to get cold and used whenever wanted without any more preparation.

If, instead of pouring it into a clean saucepan, the articles to be fried are put into the grease in the same kettle it was boiled down in, they will dissolve more or less of the sediment on the bottom, the grease will become turgid and foam over and take fire, and instead of the articles browning they are apt to stick on the bottom and the whole contents acquire a burned and smoky taste. Hence the necessity of clarifying all fat that is saved from the cooking of meats.

When meats are baking in the oven, all the fat that may be taken out as long as there is water in the pan is in precisely the same condition as that taken from the soup stock, and contains meat gravy. It is then what is called drippings.

But when the meat has become browned and the gravy in the pan dried and browned too, then all the fat that remains is clarified and will set like tallow when cold; it can be poured from the pan into a saucepan direct, and used to fry with immediately.

When kidney fat, or other fat pieces of meat are rendered down in a meat pan, they should be treated just like the baked meats; cooked with a little water in the pan at first, but allowed to dry out and let the glaze be fixed to the bottom before the clear grease is poured off.

Articles properly made and properly fried and drained after frying have so little grease left about them that it is scarcely appreciated; but what they are liable to have about them are sickly flavors of the nature of vegetable oils that the frying fat may have gathered from other vessels. The bay leaf, onion, celery and herbs; the cloves, mace, lemon, or whatever is put in the soup are fine whilst they are living flavors, but their essential oils carried over in the fat to the frying saucepan are not so pleasant. Therefore the clear fat should be saved before any



of these seasonings are put in the stock pot. An orange or pineapple fritter may have had the fruit soaked in good wine and the batter made of the lightest kind, but if fried in fat from stuffed pork or wild fowl, the first thing the tongue will be conscious of will be the ghosts of departed onions. The table may be furnished expensively, and the bill-of-fare be full of French terms, yet if these little matters be thought too trivial there will be an indescribable something that will detract from the pleasure of eating at your table. If fat containing oil of onions must be used, keep it for frying onions in. Beef fat is well nigh tasteless, and is good alone; see that nothing goes into the rendering pan that will injure it.

### Frangipanni-Frangipane.

A strange trait it is, but civilized humanity always seems to be ashamed of its subjection to the necessity of eating, and is always ready either to quarrel with its bread and butter or laugh at it. So strong is this tendency, that only a very few authors of the utmost independence and decided power have cared to treat of matters of food and drink in a serious manner. The nation that is credited with being the most highly civilized in Europe, finding that all its civilization did not redeem it from the necessity of eating, made the best of the difficulty, and elevated the entire matter to a point of respect, which the other peoples acknowledge whether they understand or not.

But, "Oh, if we could only live without eating!" is the common aspiration still. Some fanciful story tellers have imagined people living on air alone; quaffing the rich south wind as real people quaff wine. Others have come down a little lower, from airy nothings to trifles light as air.

"That suits me exactly," says one of Disraeli's ladies, "I am a great foe to dinners, and, indeed, to all meals. I think when the good time comes we shall give up eating in public, except, perhaps, fruit on a green bank, with music."

"It is a pity, my lord," says one of Bulwer's characters, "that we do not serve perfumes at dessert; it is their appropriate place. In confectionery (delicate invention of the Sylphs,) we imitate the forms of the rose and the jessamine; why not their odors, too?"

"It is an exquisite idea of yours," said he, "and the next time you dine here we will have perfumes."

It seems likely enough that this very conceit grew out of the name, frangipane, by which the cream or custard used for filling puffs is known to French cooks. Thackeray, who names a cook Champignon, at the same time calls a milliner Mademoiselle Frangipanni.

Frangipanni was as common a perfume, it appears, as eau-de-cologne is now. Savarin, examin-

ing the causes of obesity, finds his fat neighbors showing a partiality for such things as *tourte de frangipane*, which in English is cream pie. Worcester finds that both these are one word, the Italian being frangipanna, frangipane the French, but that it means two things—a perfume of jasmine, and milk boiled down thick and mixed with almonds. So, as Tommy Traddles would say, "There you are!" The people had a perfume which they admired, but it would not satisfy hunger; they made an almond cream and thought it so good they named it perfume. An obvious compromise between ethereal longings and material needs. And thus it is the art of cookery meets every requirement, even of the delicate people who really eat nothing at all.

Whatever it may have been, the frangipane of the present time is not made with condensed milk, and the nearest approach to the old definition is a receipt that directs almond macaroons to be broken up in it. The compounds carrying the name are all made with flour, and the flavors vary.

### PASTRY CREAM OR CUSTARD.

#### 285. Frangipan

The kind commonly used by bakers for filling cream puffs, etc.

- 1 quart of milk.
- 8 ounces of white sugar.
- 4 ounces of flour.
- 5 eggs. Pinch of salt.
- 1 ounce of butter.
- 1 tablespoonful of extract of lemon.

Set the milk and butter on to boil. Mix the flour and sugar together while dry, very thoroughly, then sprinkle them in the milk rapidly and keep beating till it is well up to the boiling point again. It is worthless if in the least scorched. Move it to the side of the range and stir in the five eggs, cover and let simmer slowly for twenty minutes, or till well cooked. Flavor after cooling.

EXTRA TOUCHES.—Three ounces of fresh butter lightly browned in a frying pan over the fire and then added to the pastry-cream, gives it richness, and flavor of nuts. Almond macaroons may be broken into the milk when first put on to boil.

Thick whipped cream can be lightly stirred into the pastry-cream when the articles to be filled are for immediate use.

When the pastry-cream is for cream pie, or *tourte de frangipane*; or for *fauchonnettes*, which are small, deep tarts nearly filled with it and meringued on top like lemon pies; or for cream cake, the difference required is only to use 8 yolks instead of the 5 whole eggs, and make the cream as usual. The juice of a lemon may be added for pies. The whites of the eggs make the meringue.

**286. Chocolate Pastry Cream.**

For *fêuchonettes au chocolat, éclairs au chocolat*, etc.

- 1 quart of milk.
- 8 ounces of sugar.
- 4 ounces of flour.
- 2 ounces of grated chocolate.
- 2 ounces of butter.
- 4 yolks of eggs.
- 1 tablespoonful of vanilla extract.

Boil the milk, butter and grated chocolate together. Mix sugar and flour dry and beat them into the boiling milk. Stir awhile to prevent burning, then set the saucepan on the side of the range and stir in the yolks, after beating them with a spoonful of milk. Let cook till well thickened. Flavor with the vanilla when cold.

**287. Coffee Pastry Cream**

- 1 pint of clear, ver strong coffee.
- 1 pint of cream.

Use these instead of the quart of milk, and make according to directions for common pastry-cream.

On board ships and steamers where milk for cooking purposes can seldom be obtained, all the pastry-creams are made nearly as good with water. An ounce of butter extra is then needed.

The reader perceives that as cream fillings a variety of dissimilar compounds here come together. They are alike, however, in being each one adapted for several uses, for spreading on toast, cakes, filling tarts, tartlets, pies, etc., besides filling cream puffs. In another point they are all alike, and one being learned the rest become the easier for it. They all have to be stirred over the fire till thickened—that one touch of cookery makes the whole lot kin. Five different English cook books contain directions for making the simple base of several conserves, to follow here presently, that is what is called there transparent pudding, and on this side is pretty well known as transparent pie. Only two of the five give the essential point of cooking the mixture over the fire before the pies are filled with it, and one of these copies verbatim from the older one, except the change of a single word. One says stir till like buttered eggs, the other says till like batter. The consequence of it is that the mixture put into the pies raw will rise and look fine, but when done will go down and become like wax; whereas if previously cooked it remains light and delicious.

**288. Transparent Pie Mixture.**

Used also for puffs and tarts, variously flavored.

- $\frac{1}{2}$  pound of sugar.
- $\frac{1}{2}$  pound of butter.
- 8 eggs.

Nutmeg or vanilla flavor and brandy, if desired.

Melt and stir the butter and sugar together in a sauce pan; add the eggs, beaten a little first, and stir the mixture over the fire till it is half-cooked, ropes from the spoon, and looks like soft butter. If for puffs or tartlets it may be well cooked and flavored with orange or lemon. For pies, dredge a little powdered sugar over the top of the mixture when in the crusts—helps to prevent scorching on top. Slow oven. Makes 4 or 5 pies.

The French name for tarts or little pies, made with the preceding mixture and several variations of it, is *darioles*. Young Quentin Durward, of Scott's novel, on his first arrival in France, is set down to a feast of a choice order, and is served with *darioles* in the second course. One English definition of *dariole* is a custard tart. But the nearest the English cooks could come to fitting it with a term was to call it a cheesecake. Neither term is appropriate. The following, one of the *dariole* fillings, is called in one place "cheesecake to keep several years." Although containing eggs, the keeping qualities of these preparations are such as to entitle them to be called conserves.

**289. Lemon Conserve.**

Also called *dariole* filling, lemon custard, lemon cheesecake, lemon paste, lemon honey, etc. For filling small puffs, tartlets, pies, and spreading on larger cakes.

- 1 pound of sugar.
- 5 or 6 lemons.
- 4 ounces of butter.
- 8 yolks and 1 whole egg.

Put the butter and sugar in a bright saucepan, grate the yellow rinds of the lemons into it with a tin grater, scraping off with a fork what adheres; squeeze in the juice without the seeds, then stir over the fire till the mixture boils. Beat the yolks and mix them in and stir about ten minutes more, or till cooked and thick like melted cheese.

Lemons that are green, thick-skinned and acrid are not fit for this purpose.

It is a rule useful to remember that these mixtures seldom if ever scorch when they have butter in them; they may be left to simmer at the side when time presses.

**290. Conserve aux Amandes.**

For small puffs, almond cream cake, tartlets, etc.

- 8 ounces of almonds.
- $\frac{1}{4}$  pint of water.
- 8 ounces of sugar.
- 2 ounces of butter.
- 4 yolks of eggs.

6 bitter almonds and a little rose extract, if they are convenient.

Scald the almonds and take off the skins, then chop them fine.



Boil the sugar and water to a thick syrup; stir in the minced almonds and the butter and boil five minutes.

Then stir in the yolks of eggs and take the mixture off the fire when they thicken. Add the rose flavor when cold.

### 291. Cocoanut Conserve.

8 ounces of grated cocoanut.

$\frac{1}{2}$  cupful of milk, or water.

8 ounces of sugar.

2 ounces of butter.

Whites of four eggs.

Thin pared yellow rind of  $\frac{1}{2}$  an orange.

Mince the orange peel and boil it with the sugar and milk. Stir in the cocoanut, the butter, and the beaten whites last. Take the mixture off when it thickens.

The two preceding kinds give a yellow and a white nut cream or conserve, very useful and ornamental for spreading between layers of snow cake. Pistachios and hickory nuts can be substituted for either of the other kinds. Can be thinned with milk if too firm when cold.

It is seldom necessary to keep any such compounds as these in hotel work for any length of time. The quantities prescribed are for the usual daily requirements of 50 persons. It should be remembered, however, that sunlight turns butter rancid, and anything containing it should be kept dark in covered jars.

### Florida Jam.

"Florida shall be the name of this new land," cried Ponce de Leon, "for, in truth, it is a flowery land. What sayest thou Padre Rotundo?"

"As thou sayest I say. Florid is the red-bird flitting through the green bushes; florid the flamingo in the swamp; florid the sea weeds were that floated about our vessel as we passed yon enchanted islands set in a luminous sea."

"Beautiful isles of the sea," murmured Gonzalez.

"Beautiful gems of the ocean," sighed Leonardo.

"Surely," went on Ponce de Leon, "they are the veritable isles of the blessed that we thought were but fables of the ancients, and this is the garden of the Hesperides."

"No gold, no gold," groaned Sebastiano, throwing down his prospecting pan and pick, "I have delved among the sands of yonder shore and found naught. Padre Rotundo, thou sayest these shell mounds show that this land was once the ocean's bed, show us, then, where lie the wrecks of ancient ships gold-laden; or, Padre, show us the streams that flow down from El Dorado."

"And if," said Ponce de Leon, pursuing his own train of thought, "this be the garden of the Hesperides, somewhere in its glades exists the fountain of

perpetual youth. That will I find. Perish thy thoughts of gold."

"I am with thee in that search, Don Leon!" exclaimed Leonardo. "Oh, would I were a boy again!"

"Listen to the mocking-bird," said Ponce de Leon.

"Aye," answered Leonardo, "and the woodpecker tapping the old hollow tree."

"And the voice of the turtle is heard in the land," chimed in the oily voice of Padre Rotundo.

"Land of love and sunny skies, bright with joy and beauty," exclaimed Leonardo.

"Sebastiano, what ails thee," asked Gonzalez, "why blinkest thou at the sky?"

"Oh, 'tis nothing; but a jay bird sat majestic on yon hickory limb, and when he winked at me should I not wink at him? Perhaps he knows where there is gold."

"Gold I believe in when I see it, but in omens I do not believe."

"I do. I had a dream the other night when everything was still—"

"A fig for thy dreams."

"By our good Saint Augustine," said Padre Rotundo, "as thou saidst figs, we will have some figs. Bring me the figs of Smyrna that remain in the boat, and we will plant the seeds. Haply in this genial land the fig will prosper, and many that come after us shall bless us. Yea, my son, there shall be in this land fountains and streams of perpetual youth. They shall flow from the North and West and East, and be of many generations. In magnolia parks and orange groves and by the river St. John's, eyes shall look love to eyes that speak again; and there shall be many a sly flirtation by the light of the chandelier in the halls of And there shall be gold, Sebastiano, but not for thee. The hotel-keepers of the future shall see it. Gold and letters of credit from the frozen North. Golden oranges, too, that shall make this land wear a likeness to the gardens of thy native Seville."

"Padre," said Ponce de Leon, drawing near and speaking in a low tone, "dost remember the convent garden near Seville, into which we stole, thou and I, when we were small boys, to see thy sister once more? And dost remember the spicy breeze that was wafted to us from the refectory, where the sisters were preparing confections and conserves of orange flowers? And dost remember how they caught us and made us work till our arms did ache, at pounding orange rinds in a mortar; whilst thou didst nearly roast at stirring orange jam?"

"Tut, tut," returned the Padre, "I choose not to remember such undignified incidents. Yet if thou wilt, thou mayst compare the delicate fancy of those good women for confections made of flowers, with the cruel extravagance of the pagan Romans who desolated the groves, and made costly dishes of the

tongues of thousands of singing birds, and thou wilt concede the finer grace of the later day."

But Ponce de Leon had not been listening. His thoughts were far away, and he sighed, "Her bright smile haunts me still."

## 292. Florida Conserve of Oranges.

For *darioles*, mountain cakes, *éclairs aux confitures*, *tartelettes à l'orange*, etc.

- 1 pound of sugar.
- 4 large oranges.
- 2 or 3 lemons—juice only.
- 4 ounces of butter.
- 6 yolks and 2 whole eggs.
- 1 teaspoonful of extract of rose.

Put the sugar and butter in a bright saucepan; grate in the yellow rinds of the oranges and add an ounce of candied orange flowers, if you have them. Squeeze in the juice of the oranges and lemons without the seeds, and stir the syrup thus made over the fire till it boils. Beat the eggs and yolks a little, add them and let cook till the mixture becomes thick—about ten minutes. Add the rose extract after cooling.

An ancient, cheap, but laborious way of making a conserve of oranges or lemons, is to boil the rinds in two or three waters for several hours, to extract the bitter taste and make them tender; then pound them to a paste in a mortar and boil the paste with either honey or syrup.

A large proportion of the area of the Bahama Islands is devoted to the cultivation of pineapples. The appearance of the broad expanse of young fruit with its clusters of delicately-tinted, but sharp and serrated leaves, rising only a short distance from the ground and covering the undulating fields, produces a very remarkable effect. As many as 1,500,000 of the fruit have been collected from a single acre

## 293. Corn Starch Pastry Cream.

- 1 pint of water or milk.
- 5 ounces of white sugar.
- 2 ounces of corn starch.
- 2 ounces of butter.
- 5 yolks of eggs.

Flavoring.

Boil the water or milk with the sugar in it. Mix the starch with a little water extra; pour it in the saucepan and stir up. Then before it has boiled again, add the eggs and butter and stir till the mixture becomes quite thick—perhaps ten minutes. Flavor when cool.

VARIATION.—A small ripe lemon cut in shreds—the seeds thrown away—boiled with the sugar and water, makes of the preceding a lemon cream pie

filling. It should be only half-cooked over the fire, and allowed to set in the pies in the oven.

## 294. Creamed Cheese.

For filling cheese puff fritters—*beignets au parmesan*—for ramequin puffs, *canapés au fromage*, etc.

- 8 ounces of cheese.
- 4 ounces of butter.
- $\frac{1}{4}$  pint of milk.
- 4 yolks of eggs.

Little cayenne pepper and salt.

Grate or mince the cheese very fine; put it and all the other ingredients in a saucepan and stir over the fire till it becomes thick and just begins to boil; but it must not quite boil, as that would spoil it.

As the good quality of this preparation is dependent upon its being made only just before it is to be served, and cheese grating is one of the tedious operations, it will be found, for hotel use, more expeditious to pound the cheese and butter together, slightly warmed, then pour in milk and yolks and stir till thickened. Can be used as a sauce with Italian fritters, made a trifle thinner.

## 295.

### Cheese Fondue, or Melted Cheese.

For Welch rare-bits, *canapés au fromage*, etc.

See preceding receipt for creamed cheese, and substitute ale for the milk. Either of the ways answers for all the purposes of the other.

For *canapés*, spread the mixture on toast, and put in the oven three minutes before serving.

The preceding form of melted cheese is also one form of the fondue, which does not come under the present category. It may be noted in passing, however, that the fondue of which Savarin thought so much, was more like a dish of scrambled eggs with cheese, having no ale or other liquid added. He says it is of Swiss origin, and that the cayenne is not to be forgotten, that being a characteristic of the dish. He made his fondues, when entertaining a few friends, in a chafing dish over a spirit lamp. His rule would be singularly inappropriate in an hotel entertaining five hundred people. He says allow one egg for each guest, one-third as much cheese and half that of butter, etc. But it illustrates the idea underlying small bills of fare, that every person will partake of the one dish, if that one dish be made of surpassing excellence.

The reader perceives that as cream fillings a variety of dissimilar compounds here come together. They are alike, however, in being each one adapted for several uses, for spreading on toast, cakes, filling tarts, tartlets, pies, etc., besides filling cream puffs. In another point they are all alike, and one being learned the rest become the easier for it. They all have to be stirred over the fire till thickened—that one touch of cookery makes the whole lot kin.



## A BOOK OF PUFFS, ECLAIRS AND CREAM FILLINGS.--Concluded.

If a list had to be made of the articles of pastry held highest in popular esteem, cream puffs would be found somewhere near the beginning. The popular name, Boston cream puffs, might lead to the supposition that they are of American origin, but, far from it, there is so little in our trade that is new that I have a private opinion that Pharaoh's baker, the one who befriended Joseph, knew how to make them just as well as we do. There are many finer and more delicate articles that meet with less appreciation, and when we find a thing so prone to disappear, not only from the baker's windows, but from well-set supper, lunch and dinner tables, too, as cream puffs are, it is the part of good policy to see how we can make the best of them. There is more wit and humor in these puffs than in anything else we make. If it were not for this they would be in still greater request than they are. Wit is defined as something which startles by its unexpectedness. Wit often runs to practical jokes. When a person eating in haste, as the majority do, takes a bite of a puff that is filled with a cream insufficiently cooked and consequently in a fluid state, and the said cream is unexpectedly propelled this way and that way over his apparel, the wit of it may be apparent to all, but is sure not to be relished by the victim. This sort of wit should be discouraged, to which end the various cautions about the proper preparations of the pastry creams have already been given. Humor is not so objectionable, and when pure most people enjoy it. It is defined as a faculty of kindly pleasantry. The humor of cream puffs is seldom unmixed.

There is humor, but not of a kindly sort, in giving a plate of empty puffs to a hungry beggar and watching the falling of his countenance when he discovers their emptiness; and there is humor in setting a plate of the same before the hotel boarders who habitually pick and peel the crust off everything before them—off the bread and rolls and corn bread—the tops of the pies—the brown outside from all the meats—but this is humor of the kindly sort, as it makes such people happy to have something that they may peel, and be welcome, and leave no waste behind.

### 296. Cream Puffs.

Boston cream puffs of the baker's shops. *Eclairs à la crème, Profiteolles, Petits-choux*, etc.

1 pint of water.

$\frac{1}{2}$  pound of lard or butter.

$\frac{1}{2}$  pound of flour.

10 eggs. Little salt.

Bring the water to a boil with the lard and salt in it. Put in the flour all at once, and stir the mixture over the fire about five minutes, or till it becomes a stiff paste. Then take it off and beat in the

eggs one at a time. Drop small spoonfuls of the paste on baking sheets very slightly greased, allowing an inch or more of space between them, and bake in a moderate oven about 20 minutes. Cut a slit in the side and fill the puffs with pastry cream. Makes 40 to

297.

To the best bakers who make them in large quantities daily, there is nothing easier than cream puffs, but it is not the less true that they are "mighty uncertain" where made only occasionally and baked in the uneven heat of a cooking range, instead of an oven.

A very ordinary workman, I once knew, traveled as a first-class pastry cook from town to town on the strength of a knack he had of making these trifles in greater perfection than anybody else. It was his one trick, but it stood him in good stead for short spells.

The more the paste is beaten up against the side of the pan as the eggs are added, and after, the more the puffs will expand in baking.

When they are perfect they are nearly smooth and look like small cauliflowers, whence, perhaps, comes one of their French names. To make them so, the paste must be almost soft enough to run out of shape on the pans; another egg may be required.

It is safer to use a little less lard or butter and a little more flour than the receipt, for a first trial.

The puffs will not rise at all if the paste be allowed to become cold before the eggs are beaten into it.

The handsomest puffs are those baked done without the oven door ever being opened in the meantime.

### 298. Corn Starch Cream Puffs.

Finest. The name, *éclair*, is probably from the French word signifying a gap or clear place. These became *éclairs au chocolat*, or *au café*, according to the cream used for filling. *Petits-choux à la comtesse* are small puffs dipped in chocolate icing and the coating dried on them before serving.

1 pint of milk.

6 ounces of butter.

8 ounces of corn starch.

10 eggs.

Boil half the milk with the butter in it. Mix the starch with the other half. Pour both together and cook to a smooth paste. Add the eggs one at a time—after removing from the fire and allowing the paste to fall below boiling heat—and beat thoroughly. The pieces of paste dropped on the baking pans should not be larger than guinea eggs. Makes 50.

### 299. Transparent Puffs.

These rise in shape like bells, or inverted tea-cups.

1 pint of water.

2 ounces of butter.  
6 ounces of corn starch.  
5 whole eggs and 4 whites.

### 300. Cocoanut Puff Balls.

*Eclairs au caramel.* Excellent for set tables, for ball or concert suppers, and not too common. It is extremely wrong, however, to thus sugar-coat collapsed, dumpy, or burnt-up failures of puffs, and try to pass them off as *eclairs au caramel*. The French never do that way, (we hope.)

Make the desired number of cream puffs of whichever mixture you have the best success with.

They are not to be filled with anything. They should be small, light-baked, but dry, smooth and hollow, and either round or egg-shaped. Roll them, after baking, first in thick sugar syrup and then in grated cocoanut mixed with granulated sugar on a plate. Dry the puffs in a warm place, that they may not be sticky when served.

To make the syrup, pour half a cup of water on a pound of white sugar, and let it boil up without stirring. Chopped almonds can be used as well as cocoanut.

### 301. Eclairs aux Confitures.

Sweet cream puffs variously shaped and filled with fruit jelly, conserve, or any kind of sweetmeat.

1 pint of water.  
7 ounces of butter.  
3 ounces of sugar.  
10 ounces of flour.  
6 or 7 eggs.  
1 tablespoonful of vanilla extract.

Boil the water with the sugar and butter in it, then stir in the flour and make the paste as directed for the preceding varieties.

Fancy shapes are made of this paste by using a lady-finger sack and tubes, to form fingers, crescents, etc., and eggging and sugaring them before baking.

### CHEESE PUFFS WITH ANCHOVY BUTTER.

#### 302. Ramequins a l' Italienne.

$\frac{1}{2}$  pint of milk or water.  
2 ounces of butter.  
4 ounces of flour.  
4 ounces of cheese.  
6 eggs. Salt.

Make the paste of milk, butter and flour, as for cream puffs, and mix in the cheese—previously grated or minced—by pounding smooth while hot. Add the eggs one at a time. Place on the baking pans in small oblong shapes, and bake carefully. They are not good if in the least dark colored. Makes about 30. For filling, mix 4 ounces of fresh butter

with 6 tablespoonfuls of essence of anchovies, both slightly warmed, and then made cold before using.

The English ruralists are great at making cheesecakes in variety. A kind of tart made of sweet milk or cream curd is the genuine sort, and holds about the same relative importance at the well-provided tables of the better class that pumpkin pies do on this side. The scarcity of English culinary terms, however, has made cheesecake a name expansive enough to take in a number of French knick-knacks, such as the following, which only come in turn because they are cream curd puffs.

#### 303.

Nothing can be made of milk curd, successfully, unless the curd be scalded to firmness so that it can be pressed dry; a point that our receipts, as we find them, hardly ever mention. Curdle the milk or cream with rennet as if for cheese; then set the pan on the range and slowly come to the boiling point. Pour off the whey and hang up the curd in a napkin to drip dry, and then slightly press it. That is what is meant by "well-prepared, firm curd," and a number of good things, to be described at some other time, can be made of it without fear of disappointment.

#### 304. Cheese Curd Puffs.

Cheesecakes. *Petits Talmouses au Parmesan.*

6 ounces of cream or milk curd.  
 $\frac{1}{2}$  pint of milk or water.  
2 or 3 ounces of butter.  
4 ounces of flour.  
4 ounces of grated cheese.  
6 eggs.

Some pie paste for the bottoms.

Of these ingredients make a paste the same as for cream puffs, the curd and grated cheese to be pounded into it while hot. Roll out pie paste, the thinner the better; cut out flats with a biscuit cutter; place a teaspoonful of the paste in the middle of each, wet the edges and pinch them up in shape of a continental three-cornered hat, inclosing the curd paste within.

Brush them over with egg and water and bake in a moderate oven about 15 minutes. They expand in baking and become hollow. May be filled with creamed cheese.

#### 305. Cream Curd Puffs.

Cheesecakes. *Talmouses à la crème.*

The same in form as the last, but sweet. Inclose a spoonful of the curd paste in a pastry bottom; egg over and dredge with sugar.

6 ounces of cream curd.  
 $\frac{1}{2}$  pint of milk.  
1 ounce of sugar.



- 2 ounces of butter.
- 4 ounces of flour.
- 5 eggs. Salt.
- 2 teaspoonfuls of flavoring extract.
- Pie paste for the bottoms.

Make a cooked paste as for cream puffs—the butter and sugar boiled in the milk—flour stirred in, then the curd; the eggs beaten in one at a time, and flavoring added last.

These puffs can be partially filled with any of the creams or conserves, for making which, the directions have already been given.

### 306. Pineapple Conserve.

- 1 can of pineapple.
- 8 ounces of sugar.
- 1 ounce of butter.
- 2 eggs.

Reduce the fruit to a pulp by mashing in a bright saucepan; add to it half the juice from the can and the sugar and butter. Boil; add the eggs, and stir over the fire a few minutes, till thick.

One pound of grated, fresh pineapple and a half cup of water answers the same as the canned. Simmer with the sugar till cooked and transparent-looking, then finish like the other.

### 307. Cuban Conserve.

For Cuban cream cake, *éclairs aux confitures*, *bouchées*, etc.

- 1 pound of sugar.
- 8 ounces of fresh, grated cocoanut.
- 4 or 5 oranges.
- 2 lemons.
- 4 ounces of butter.
- 8 yolks of eggs.

Grate the yellow rinds of all the fruit and squeeze the juice into the sugar, carefully excluding the bitter seeds. Boil the syrup thus made; add the butter and cocoanut; boil again, then beat in the yolks. Cook five minutes more.

Desiccated cocoanut does as well; steep it first in milk enough to barely moisten it.

### 308. The Best Mince Pies in the World.

It is not so difficult to make good mince-meat as to make the pies healthful and enjoyable after it is made. Mince pies, too frequently, in hotels where the desire is to make them rich, are made so that

they are little better than dabs of sweetened grease. The finest puff-paste is not suitable for them, but a medium quality should be made. The edges will not rise on mince pies much in any case, and rich puff-paste is lost upon them. They have the poorest appearance of any pies if baked plain, but can be made most inviting by being glazed,

But don't paint them with yellow smears of egg-yolk. Mix the yolk of an egg thoroughly with twice as much water; brush the tops of the pies over with it before baking; sift a very thin coating of granulated sugar all over, and then bake in a moderate oven till the bottoms are baked *dry* and light brown, and the tops are covered with a crisp, glazed crust. Mince pies should have both bottom and top crusts rolled quite thin; otherwise the superfluous pastry edges are invariably thrown away.

### 309. Mince-Meat a la Royale.

Strictly first-class in all its appointments.

- 2 pounds of lean roast or boiled beef.
- 2 pounds of suet.
- 2 pounds of apples.
- 2 pounds of currants.
- 2 pounds of seedless raisins.
- 2 pounds of brown sugar
- 1 pound of candied citron,
- 2 ounces of ground spices—mace, nutmeg, cinnamon and cloves.
- 1 or 2 cans of Bartlett pears, with the juice.
- 2 pounds of preserved ginger
- 12 oranges—juice and grated rind.
- 6 lemons—juice and grated rind.
- 1 pint of rum.
- 1 pint of brandy.
- 1 quart of port wine.

Chop all the ingredients small. Don't grind them in a machine. Then mix everything together—the dry articles first, and liquids poured over them. Put the mince-meat in jars, cover close, and let stand a week or two before using.

When preserved ginger cannot be had, boil half a pound of common race ginger in syrup made with 2 lbs. of sugar in 2 quarts of water. When boiled down to one quart, put the syrup in the mince, and further extract the ginger flavor by pouring the port wine upon it and making warm. This ginger is not to be used in the mince-meat, only its extracted flavor.

When the oranges furnished are ripe and thin-skinned it is better to chop half of them after squeezing, and add them to the mince, instead of only grating. Grate the rest and use the juice of all after excluding the seeds.

### 310. Lemon Mince Meat Without Meat.

Where brandy is disapproved of, use double

quantity of strictly medicinal old port wine instead. The spirit evaporates in baking.

- 4 lemons.
- 2 pounds of white sugar.
- 2 pounds of currants.
- 1 pound of seedless raisins.
- 2 pounds of suet,
- 1 ounce of mixed ground spices.
- $\frac{1}{2}$  pint of brandy and port-wine mixed.

Use lemons that are ripe thin-skinned, not harsh and bitter. Boil them in a quart of water till the water is half boiled away. Then squeeze the juice into the sugar, throw away the seeds, and mince the lemon rinds small.

Cut or chop the raisins, mince the suet fine and mix all the ingredients together. Keep in a covered jar.

The water the lemons were boiled in should be added to the mince. This quantity makes about 20 pies, according to size.

### 311. English Standard Mince-Meat.

- 2 pounds of lean roast or boiled beef.
- 2 pounds of suet.
- 2 pounds of apples.
- 2 pounds of currants.
- 2 pounds of seedless raisins.
- 2 pounds of brown sugar.
- 1 pound of candied citron.
- $\frac{1}{2}$  pound of orange or lemon rinds, previously boiled tender.

2 ounces of ground spices—mace, nutmeg, cloves and cinnamon.

3 quarts of sweet cider.

1 quart of common brandy.

Chop the meat and suet fine, and season them with a little salt and pepper. Cut the citron in small bits, mince the lemon rinds, and chop or cut the raisins. Mix all together and let stand two weeks before using. If too dry, wine, cider or brandy, or all mixed, should be added when the pies are filled. Candied orange or lemon peel, of course, can be used instead of the stewed peel, but costs more and gives less flavor. This is enough for 50 or 60 pies, according to size.

With a standard like the foregoing receipt to start from, anyone can vary the quality and cost of mince meat, according to circumstances. Apples in excess make it poor and insipid. Raisins, currants and orange peel, and wine or sweet cider, make it rich. The meat is only a foundation. Cheap mince-meat is made by dosing with ground spices, and leaving out the more expensive materials.

### 312. Good Common Mince-Meat.

- 2 pounds of minced beef or tongue.
- 3 pounds of suet.
- 4 pounds of currants.

3 pounds of apples.

1 pound of raisins.

1 pound of brown sugar.

1 ounce of mixed ground spices.

1 pound of candied citron, or the same of orange and lemon rinds boiled tender.

1 pint of common brandy.

3 quarts of cider, or enough to make it juicy.

Put the raisins in whole. Mince all the rest, seasoning the meat and suet a little with salt and pepper. Should be kept 3 or 4 weeks before using. Makes about 40 or 50 pies.

Nothing is saved by buying trashy currants. They have to be well washed and picked over free from stones, and the more dirt there is the more will wash away. Some currants are like small raisins, nice and clean and large. There is no waste in them.

To CLEAN CURRANTS.—Put them into a colander with holes not too large; set that down in a pan half full of warm water and stir the currants about vigorously. The dirt will go through the holes. Pour the water away two or three times. This is the quickest plan and most thorough. Spread the currants out in a baking pan; pick them over and let them dry for use.

### 314.

To CLEAN RAISINS.—When sultana seedless are furnished, or even the larger kind of seedless raisins, put them in a colander with a handful of flour mixed in, and rub off the fine stems, which then by sifting about will fall through the holes. When the greater part have been so got rid of, the raisins must be picked over separately, especially to remove the gravel stones that may chance to be among them. Layer raisins have to be seeded to be good in anything. A most tedious operation and requiring such help as can be had.

Some thirty years ago the English Vegetarians made a good deal of noise in the world. Their headquarters was in the Channel Islands, where their representative paper was published. It was called the *Vegetarian Banner and Manx Healthian Journal*. Its motto was "Fruits and Farinacea, the Proper Food of Man." Its leading idea was, that abstinence from meat diet would make the world better. Those who supported it set themselves to work earnestly to get up a new system of cookery wherein meat should have no place, and a great many curiosities in the way of bills-of-fare of dinners without meat were published in it in consequence. The annexed is one of their receipts. The cider excepted.

### VEGETARIAN MINCE PIE.

#### 315. Jersey Pie.

$\frac{1}{2}$  pound of currants.

$\frac{1}{2}$  pound of seedless raisins.

1 pound of brown sugar and molasses mixed.



A little salt and pepper.

1 ounce of mixed ground spices—cinnamon, mace, cloves and allspice.

$\frac{1}{2}$  pound of crushed crackers or dry bread crumbs.

1 pint of cold water.

$\frac{1}{2}$  pint of vinegar or hard cider.

2 tablespoonfuls of lemon extract.

$\frac{3}{4}$  pound of butter, melted.

4 beaten eggs.

Mix all the dry articles in a bowl, then add the fluids to the eggs, and pour over and mix in the melted butter by hard stirring. The proportion of molasses to sugar may be according to kind. All syrup will do. Make like other mince pies. A half pint of brandy added makes the resemblance very close. Makes about 10 pies, more or less, according to size.

### 316. Cheapest Good Mince Meat.

Suitable for charitable institutions, etc., and not easily distinguishable from the costlier mixtures. It will not intoxicate.

$1\frac{1}{2}$  pounds of bread.

1 pound of boiled beef or ox heart.

2 pounds of brown sugar.

1 quart of good molasses.

1 pound of common dried apples.

$1\frac{1}{2}$  pounds of suet.

1 pound of raisins.

1 pound of currants.

4 ounces of ground cinnamon and other spices mixed.

1 ounce of black pepper.

1 pint of vinegar.

Peel of 2 or 3 oranges.

1 tablespoonful of salt.

Pour two quarts of cold water over the bread; steep and mash. Boil the apples in two quarts of water, then chop them and add the juice to the rest of the ingredients, all minced and mixed as usual. The orange peel should be boiled a little while and then minced fine. Any stewed fruit liquor or cider can be added with advantage. Makes 2 gallons—30 to 50 pies.

### 317. Finger Biscuits.

14 ounces of granulated sugar—2 cups.

8 eggs.

6 tablespoonfuls of water.

12 ounces of flour—2 heaping cups.

Separate the eggs, the whites into a good sized bowl, the yolks into the mixing pan. Put the sugar to the yolks and stir up then add the water and they can be beaten to a thick foam. It may take 10 minutes. Have the flour ready. Whip the whites with the wire egg-whisk till they are firm enough to bear up an egg. Mix the flour in the yolks and stir in the whipped whites last.

Lay the mixture in small finger-lengths with a lady-finger tube and sack or a paper cornet, on a sheet of blank paper. Sift powdered sugar over them plentifully, catch up two corners of the sheet and shake off the surplus. Lay the sheet on a baking pan.

Bake about 6 minutes. Take off by wetting the paper under side and stick the cakes together while they are still moist.

### 318. White Jelly Drops.

The same mixture as number 3. Make drop cakes same as lady fingers, well glazed by letting the siftings of powdered sugar lie upon them a few minutes before baking.

When done sandwich a slice of good wine jelly between two, and keep cold until time of serving.

### 319. Star Kisses.

1 pound of fine granulated sugar.

8 whites of eggs

Flavoring extract.

Whip the whites with a bunch of wire in a cold place until they are firm enough to bear up an egg, add the sugar and flavor and beat a few seconds longer. Put the meringue paste thus made into a sack and star-pointed tube or else into a stiff paper cornet having the point cut like saw teeth and press out portions size of walnuts on to pans slightly greased and then wiped clean. Bake in a very slack oven about 10 minutes or till the kisses are of a light fawn color and swelled partially hollow. They slip off easily when cold.

### 320. Frozen Fig Pudding

Figs cut small and mixed in caramel ice cream and frozen in brick molds in a most excellent combination—a modified tutti frutti.

1 quart of milk.

8 yolks of eggs.

14 ounces of sugar.

1 pound of figs.

The caramel gives the flavor, but half a cupful of curacao improves it.

Take four tablespoonfuls of the sugar to make caramel, put it into a saucepan or frying-pan over the fire without any water, and let it melt and become a medium molasses color, not burnt, however, then pour in half a cupful of water, and let boil and dissolve.

Make rich boiled custard of the milk, sugar and yolks, pour the caramel into it, strain into the freezer, and freeze as usual. Cut the figs small as raisins and mix them in. Put the frozen pudding into Neapolitan molds, and bed them in ice and salt for two hours.

### 321. Water Sponge Cake

14 ounces of granulated sugar—2 cups  
8 eggs.

$\frac{1}{2}$  pint of water—a large cup.

18 ounces flour—4 rounded cups.

1 heaping teaspoonful baking powder.

Separate the eggs, the whites into a good-sized bowl, the yolks into the mixing pan.

Put the sugar and water with the yolks and beat up until they are light and thick.

Mix the powder in the flour.

Whip the whites to a very firm froth, and when they are ready stir the flour into the yolk mixture and mix in the whipped whites last. Bake either in small sponge cake molds—the little tin oblong-shaped pans joined a dozen together—or else spread in a large pan, and cut the cake in squares when it is cold.

### 322. Strawberry Meringue.

This is sold extensively at the fine bakeries under the name, generally, of strawberry shortcake.

For the cake take the butter sponge cake, or

8 ounces granulated sugar—1 cup.

5 eggs.

4 ounces butter, melted— $\frac{1}{2}$  cup.

$\frac{1}{2}$  cup of milk.

12 ounces of flour—3 cups.

1 teaspoonful of baking powder.

Beat the sugar and eggs together a minute or two, add the melted butter, the milk, the powder and the flour. Bake on jelly-cake pans as thin as it can be spread, or, if preferred, on a large shallow baking pan. The cake is liable to rise in the middle and must be spread on the pan accordingly.

When done cover the top of the cake with raw strawberries and spread a thick covering of meringue on top of them. Set the cake in the oven one minute to bake a very light color on top, but the meringue paste must not be cooked through.

The meringue paste or frosting is made by beating 5 whites of eggs to a firm froth and then mixing in 4 tablespoonfuls of powdered sugar,

Cut in squares to serve.

### 323. Family Fruit Cake

3 cupfuls of raisins—1 pound.

4 of currants—1 pound.

1 of sugar—6 ounces.

1 of butter—6 ounces.

1 molasses—12 ounces

2 eggs.

1 cupful of sour milk.

1 teaspoonful of soda.

4 large cupfuls of flour—18 ounces.

Having prepared the fruit, make the butter soft mix it and the sugar, molasses, eggs and sour milk

together in a pan, and beat well; mix the soda in the flour, put that in and beat again. Dust the fruit with flour, stir in, bake in a mold or shallow pan.

Another cake of the same sort can be made by mixing fruit in the sponge ginger-bread, No. 220.

### 324. Blackberry Meringue.

Make the same as strawberry meringue at No. 322.

### 325. Peach Meringue.

Pare ripe peaches (not cooked), and cut them to size of strawberries and make the same as strawberry meringue at No. 322.

### 326. Peach Shortcake.

The same thing as strawberry shortcake, using chopped ripe peaches instead. It is a cake of short paste, not sweet, as large as a plate and thick as a biscuit, split in two after baking, peaches and sugar spread on the lower half, the other placed on top with the split side upward and more peaches spread upon that. It is eaten with cream. The ingredients required are:

1 cupful of lard or butter—8 ounces.

3 cupfuls of flour—12 ounces.

$\frac{1}{2}$  teaspoonful salt.

1 cup of ice water.

1 quart of cut peaches.

1 cupful of sugar.

Pare the peaches, cut them small and shake up with the sugar before making the paste, and set them in a cool place. Rub the butter into the flour thoroughly with the hands. Salt is needed only where lard is used. Make a hollow in the middle, pour in the water, mix up soft, roll out on the table in flour reserved for the purpose. It makes the cake flaky and part in layers to roll it and fold it a few times like pie paste.

Then make it up round, let stand five minutes, roll out thick as biscuit and bake on a jelly-cake pan. Finish with fruit as above stated.

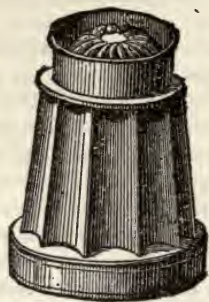
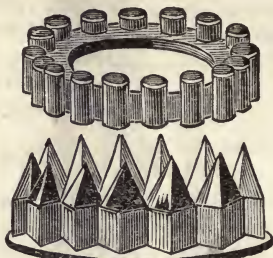
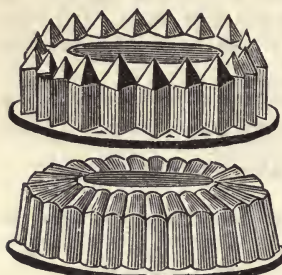
### 327. Apple Shortcake.

Use mellow apples of fine flavor and make the same as peach shortcake, the apples not to be cooked, but mixed with sugar and chopped and used immediately.

### Peach Cobbler.

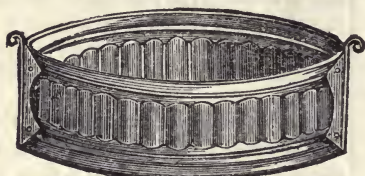
A peach pie made in a baking pan to be cut out in squares. Make common pie paste, roll out the larger half of it to a thin sheet and take up off the table by rolling it up on the rolling pin and so unroll it on the pan. Put in pared and cut peaches an inch deep, dredge a little sugar over them, cover with the top crust and bake about half an hour.





**Border Moulds.**—For borders of jelly or blanc-mange, the center filled with whipped cream or fruit compotes—also for salads, shrimps in aspic and other ornamental dishes.

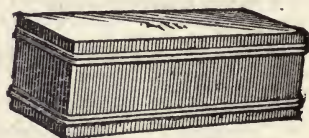
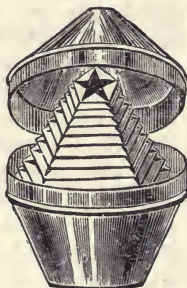
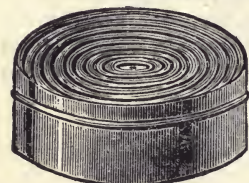
**Ice Cream Mould.**—See No. 75



**Raised Pie Mould.**—See No. 802.



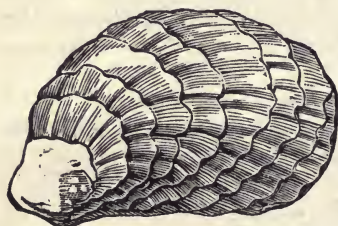
**Melon Mould.**—For puddings, salads, pressed meats, ices, etc. See No. 127.



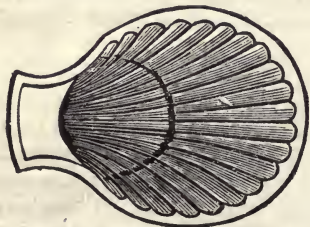
**Neapolitan or Brick Mould.**  
See No. 125.

**Boxes of Cutters.**—Tall column box for cutting scollops of meat, (tongue, chicken, etc.,) truffles and vegetables—others for cakes and pastry.

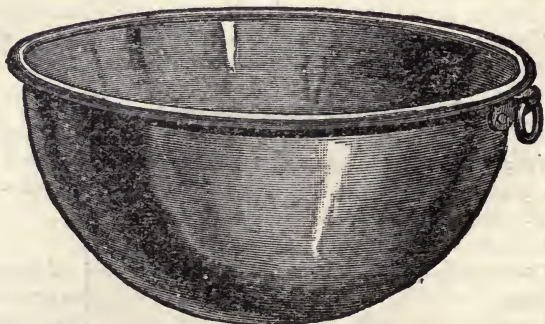
**Whip Churn.**—For frothing cream and custards—the end is perforated. See No. 168.



**Silver Plated Shells.**—For escalloped oysters.



**Stamped Tin Shells.**



**The Proper Sort of Pan** for beating eggs and making cake in—also, Candy Kettle—are made both of copper and heavy tin, all sizes.



## THE HOTEL BOOK OF PUDDINGS.

Considering with what reluctance the public are said to read prefaces, it seems quite fortunate that puddings are such familiar things and there is next to nothing to be said about them; and, besides, they constitute such a remarkably numerous family—race Burns called it—that if only they all have to speak for themselves there will be quite a time. And that reflection alone must give us pause, for among them are some such hoary patriarchs, venerable relics of antiquity, as would hardly brook any levity from us the creatures of yesterday. Suppose one should say to some of these old respectabilities, “You old relics, you are heavy, you are indigestible; you are a black, unwholesome lump; you should be made over, shaken up, renovated like an old hotel; would they not rise up and annihilate us with,

‘Pass, little mortal, pass,  
Thy days are but as grass.’

But we were

‘Formed ages since, perhaps before the flood,  
We nurtured the stout dryads of the wood.’”

Every one must have observed how natural it seems for artists to draw puddings with faces, especially Christmas plum puddings—depend upon it, there is something in it. If it would be such a heinous piece of presumption to attempt to change the nature of the old plum pudding, is it not almost as bad to change its form? There is not much poetry about puddings, but what little mite there is belongs to the old time round pudding boiled in a bag. The tall fellow in fine fluted moulds is an upstart. A writer in the *Bazar*—it may be three years since—traced back the plum pudding to its infancy, when it was only porridge—a sort of porridge with plums in it; but it grew out of that, and although occasionally through the accident of coming untied in the kettle it relapses temporarily into its early state, it is respectable and to memory dear only as a pudding round and solid. In the sanctum where these lines are written—one that is next neighbor to all out of doors, looking off “where wilds immeasurably spread seem lengthening as you go”—there is upon the wall a picture from *Harper's Weekly* of a Christmas at sea—“the pride of the ship's cook.” He is carrying the plum pudding himself to the captain's cabin; none of the boys may touch that. The picture is hung up a little askew in order to straighten up the cook. It makes but little difference which way one hangs a picture of a vessel on a rolling sea, but the cook looks a little reeling, and that pudding must be kept right side up at all hazards. Let no one entertain the least question about that pudding, it is the traditional sort, dark and solid and round, and the holly is sticking in the top; the glossy, sharp-spiked, red-berried English holly; brought

from shore when the vessel started and carefully kept for the day. Who could dare lay innovating hands upon the composition of that ancient pudding? Here it is.

328.

## English Boiled Plum Pudding.

3 pounds of flour.  
2 pounds of chopped suet.  
2 pounds of seedless raisins.  
1½ pounds of currants.  
1 pound of citron.  
2 ounces of mixed ground spices—cinnamon, mace, nutmeg and cloves.

Mix all the above dry articles together in a pan.

Then mix the following fluids:

1½ pints of milk.  
½ cup of black molasses, large measure.  
8 eggs.  
1 pound of common yellow sugar.  
½ pint of brandy.  
1 teaspoonful of salt.

Then stir both mixtures together. This should be prepared over night, and next morning tied up in four or five pudding cloths and boiled without intermission six hours.

329

Some persons have hardly a speck of reverence for the antique, and had as lief add something to the time-honored English plum pudding as not, if they find it makes it lighter, more enjoyable and more digestible. Such people can add to the preceding receipts two pounds or less of fine white bread crumbs, and to the fluid part a half pint more milk. That is all, but it makes a difference.

The quantity of pudding prescribed is enough for 100 to 150 persons—that is to say, of persons having hotel dinners to eat besides.

330.

The addition of molasses to the preceding, and other puddings to come, is for the purpose of giving with the spices a dark color, but when refined syrups only can be had burnt sugar must be added for coloring. Not only cooks but many others likewise ought to feel grateful to Count Albufage Caramel, of Nismes, who invented caramel. It is used for giving a brown color to an immense number of eatable and drinkable articles, and is not only harmless, but gives an agreeable flavor in some cases, as in creams. Put some sugar in a frying pan over the fire, let it burn darker than browned coffee, then fill up the pan with water, boil and strain.

But there is another plum pudding, called in French bills-of fare *pouding à l'Allemande*, which all who practice it will prefer to make nine times to the preceding kind once. It contains no flour, and can be boiled in half the time of Christmas pudding.



## Boiled Plum Pudding.

### 331. GERMAN PLUM PUDDING.

2 pounds of white bread crumbs.  
 1 pound of white sugar.  
 1 pound of chopped suet.  
 1 pound of raisins.  
 1 pound of currants.  
 1 pint of milk.  
 7 eggs.  
 1 teaspoonful of mixed ground spices—cinnamon, nutmeg and mace.  
 $\frac{1}{2}$  cup of brandy.  
 Salt. Pinch of soda.

Mix the dry articles together—the bread crumbs being grated or chopped quite fine—then wet with the milk, eggs and brandy, the salt and soda dissolved in them; tie in four pudding cloths and boil four hours.

Either of the plum puddings can be boiled or steamed in fancy moulds, to be sent to table whole.

In deference to the temperance principles of some of their guests, the best hotels make it a rule to prepare two sauces for plum pudding, one being without spirit, the other the customary brandy sauce, set on fire just as the dish is sent in, or else the equally approved *sauce sabayon*.

Another one of those revered patriarchs whom it were almost sacrilege to touch is Burns's, with "honest sonesie face," the haggis. In the English plum pudding, however, there is a grim, unmistakable identity that is very satisfying as compared with the shadowy indefiniteness of the Scottish chief. It is a pity that one of the last minstrels, if only one of humble rank, did not fix unchangeably in verse the component parts of the national haggis, as some one has done the "Eve's pudding," and Sydney Smith did for his salad, and another did for mulled wine. We have a compound called haggis, without the preceding article, composed of meat, chopped anchovies, eggs, bread, sour wine, pepper and salt. But that does not seem to correspond with the remarks of an editor of Burns, who says the haggis was to Scotland what the plum pudding is to England, and it was the pride of her people that all the ingredients and even the bag it was boiled in were of native production.

It was either the *Edinburgh Magazine* or Chamber's *Miscellany* that published the following receipt, used on anniversary occasions in the best Edinburgh hotels and said to have been contributed by a Fife-shire landlady, who observed, however, that the rich made the haggis as good as they liked but the poor as good as they had means. We will not be too presumptuous, but call this a haggis. The haggis may

yet exist, "great chieftain of the pudding race," but in his makeup he will be found like a highland costume, not successfully transplantable.

### 332. A Scotch Haggis.

A kind of mince pudding, of the boiled plum pudding order, made with a large proportion of meat.

A calf's heart and tongue— $2\frac{1}{2}$  pounds.  
 1 pound of chopped suet.  
 1 pound of flour.  
 1 pound of bread soaked in  
 1 pint of milk.  
 1 pound of chopped apples, or raisins.  
 1 pound of white meat of chicken.  
 6 eggs. Salt to season.  
 $\frac{1}{2}$  pint of home-made currant wine.  
 1 tablespoonful of mixed ground spices.

Cook the heart and tongue half-done, then mince quite fine. Cut the breast of chicken in thin strips. Mix all the ingredients well together, the dry articles first. Tie up in two pudding cloths and boil 4 hours.

Butter, sugar, and half cup of vinegar, all made hot and beaten together, for sauce.

The great majority of all the best puddings made are of bread, either wholly or in part. The next is a good every day sort.

### 333. Baked Bread Pudding.

2 pounds of white bread slices.  
 2 quarts of milk, or milk and water.  
 4 ounces of butter.  
 4 ounces of white sugar.  
 4 eggs.  
 Nutmeg.

The bread should be quite free from any dark crust. Spread the butter on the slices and then cut them in dice shapes. Mix milk, sugar and eggs together and pour over the squares of bread in the baking pans. Bake till set in the middle. Any pudding sauce will suit.

"Hotel puddings," said a gentleman of good judgment and extensive experience of hotel and club life, for whom the writer was to prepare a little complimentary dinner, "hotel puddings I never eat nor do I care to offer them to friends. They are always too sweet—nothing but sweet—cloying—too sweet and rich at first, then further spoiled by a sauce all sugar. How can hotel cooks be so dull as not to see that they spoil their own work? Now I had a woman cook in New York whose efforts in that line were a perfect contrast to what I had found at hotel tables. If you know of any pudding that is not an hotel pudding, you may add it to the list."

There are no puddings that are not hotel puddings. As in the case of English p'um puddings we follow old patterns too much, and overleap the mark trying to make the rich enough richer.

### 334. Baked Bread Custard.

#### MADEIRA WINE SAUCE.

- 2 pressed in quarts of white bread crumbs.
- 2 quarts of milk.
- 4 ounces of butter melted.
- 4 ounces of white sugar.
- 1 lemon.
- 8 yolks of eggs.

Crumble the bread fine, either by grating or chopping. Grate the rind of the lemon into it and squeeze the juice into the sugar. Beat the yolks of eggs and add them and the sugar to the milk, then the melted butter, and pour over the bread crumbs. Stir up well, turn it into two buttered milk pans and bake about half an hour. Buttering the pans allows of the brown outside being taken out clean instead of sticking to the pans and going to waste. In this cheap, simple and excellent pudding, as in many others, the whites of the eggs would do no good; the pudding is richer without them. They can be used for other purposes.

### 335.

The reader is advised to note the preceding receipt for bread custard, as several acceptable varieties are made by certain additions, as

#### BAKED CITRON PUDDING, CREAM SAUCE.

#### " RAISIN PUDDING, PT. WINE SAUCE.

#### " CURRANT PUDDING, LEMON SAUCE.

Made by adding one pound of either of those or other suitable fruit to the preparation. The fruit must be strewn over the top after the puddings are in the pans; they sink to the bottom if stirred in. Pass a spoon over to press the fruit slightly under, otherwise it comes out in black blisters. There is as much in careful baking as skillful making.

Another use of the same mixture is for

### 336. Bread Pudding Souffle.

Or Bread Soufle. For this make the bread custard, but instead of baking stir the mixture in a saucepan over the fire till it thickens and becomes like paste. Take it off, and when cool enough not to cook them add 6 or 8 beaten yolks. Then beat all the whites that have been left over to stiff froth, and stir them into the mixture. When this is baked it rises high above the top of the pan or mould.

### 337. Puddings Souffles.

It simplifies the making of puff puddings to remember that nearly all sorts of puddings that are made with eggs, and many of the pie mixtures, such

as cream pies and cheesecakes and lemon and pumpkin and corn starch custards, can be changed into *soufflés* by a very simple process which is the same with all kinds in the main, only slight differences having to be made according to the various mixtures used. Pudding *soufflés* are of but little value for ordinary hotel dinners which run on for hours, because they must be sent to table the minute they are done, while still puffed up, otherwise, when they have fallen, they are not so good as common puddings. But for dinners on the European plan, for parties, for dinners in courses and for individual service—anywhere that there can be a set time for serving the pudding these light trifles are much esteemed.

What is required to be done is to take the mixture already prepared for a baked pudding or cream pie and stir it over the fire till it assumes a pasty consistency, then add to it some beaten yolks of eggs raw; after that the whites whipped firm and perhaps a little brandy. Then bake the finished mixture either in large moulds or pudding shapes, if for a party dining together, with a band of buttered paper pinned round to make the mould higher—to be removed before serving—or, in small cups, silver scallops or shells, to be served in individual style, or else in little paper cases made for the purpose. These little cases can be bought cheap, ready-made in the cities. They need to be buttered and baked slightly before using, to harden them. Custard cups so used can be set in a pan of water while baking and need not be made hot enough to spoil them; these little puddings bake in 15 or 20 minutes.

The mixtures so treated puff up either hollow or very spongy, and must be carried to table in that condition. Smooth mixtures like bread puddings and corn starch or rice flour compounds puff more than rough-grained sorts, such as cocoanut cream or rice pudding. The pastry creams used for filling puffs, also lemon honey, pine apple conserve and the like, that are already cooked need only to have from 4 to 6 yolks added and then the whipped whites to make the richest possible souffles. Flavorings and brandy or wine are to be added according to taste.

With these general explanations covering the whole matter, only a few examples will be given here and there as we go along.

### 338. Egg Souffles.

#### INDIVIDUAL PUFF PUDDINGS.

First make the frangipane pastry cream: 1 quart of milk; 2 ounces of butter; 4 ounces of flour; 8 ounces of sugar; 5 eggs. Mix sugar and flour dry; stir into the boiling milk; cook awhile, then add the eggs, and simmer 20 minutes.



When this is partly cooled beat the yolks of 6 eggs and stir them in a little at a time; flavor with lemon, vanilla or cinnamon extract. Then whip the whites of 8 eggs quite firm and stir them in lightly. Bake either in cups or paper cases, 10 to 15 minutes, in a brisk oven. Sift on the top of each some powdered sugar flavored with vanilla powder or lemon zest. No sauce required. The chocolate pastry cream, and others to be found in "Cream Fillings" can be used in precisely the same way.

**339.****Baked Brown Bread Pudding.****POUDING A LA GOTH.**

- 2 full pressed quarts of graham bread crumbs.
- 2 quarts of water or milk (8 cups).
- 4 ounces of molasses (2 cooking spoons).
- 4 ounces of butter.
- 8 yolks of eggs.
- 1 teaspoonful of ground cinnamon.

Have the bread finely crumbled; melt the butter and mix it with the milk, eggs and molasses; stir all together and bake half an hour.

The natural lightness of the bread counts for quality in all these puddings, and it should not be destroyed by either scalding or heating.

Serve the preceding with honey and butter diluted and made hot, or else with any good pudding sauce.

Souffle puddings, it has been remarked, are not adapted for hotel dinners long drawn out, but they are very handsomely replaced by meringues, which, —but stay; the Boston publisher's pudding must not be forgotten. Blessed is the hotel guest whom the waiters delight to honor. The publisher was one of these—sojourning in a beautiful winter city—but whether it was a real Spartan like abstemiousness of habit or whether there could be nothing good outside of Boston, all their efforts were thrown away until —

"Ha! now you are bringing me something I like."

**340. Boston Bread Pudding,****WITH BRANDY SAUCE.**

- 2 pounds of bread in slices.
- $\frac{1}{2}$  pound of butter—best fresh.
- 2 quarts of milk.
- $\frac{1}{2}$  pound of sugar.
- 4 whole eggs and 4 yolks.
- 1 pound of clean picked currants.
- $\frac{1}{2}$  a nutmeg, grated.

Have the slices free from dark crust. Spread them with the butter and place in two layers in two pudding pans, with the currants sprinkled between

and on top. Beat and mix the eggs, sugar, milk and nutmeg together, pour over the bread, cover the puddings with either buttered paper or bread crusts, and bake about half an hour. To be good, this pudding must have plenty of custard in proportion to the bread, and be baked late and served hot.

Lemon transparent sauce answers as well as brandy.

"They say" that we in hotels run too much to baked puddings and not enough to boiled and steamed. It need not be so. They, the complainants, are probably English, Germans and Scotch, who all are accustomed to puddings boiled rather than baked. The last boiled pudding we had was Scottish. Where else in old Scotland did we see a nice person making a boiled pudding, a favorite cosmopolitan sort not National in character? Of course it was not Meg Merrilies stirring the witch-pot which so terrified Dominie Sampson, hungry as he was; nor Flora Mac Ivor; nor Die Vernon; nor George Sands's French imitation of her, yet it was some one with a family resemblance to them, only there was the dash of sea waves somewhere about. Miranda keeping house for Prospero in the island cavern in the Tempest? No. Two young people cooking wild ducks on an island in Foul Play? No; milder; further north, among cliffs and wild fowl. Norna, of the Fitful Head? No; but near by in Scottish waters. It was Madcap Violet on board a yacht making an apricot-jam pudding, a real roly-poly pudding for the captain, and all hands if there were any besides. Apricot jam pudding is real good. Green apple rolls are rather more popular on this side. Does Mr. William Black really wish it to be understood that over there the wealthy railroad builders' daughters all know how to make puddings? This one, it seems, made her jam pudding with a heart ache; a very poor mixture; too heavy; baking powder is incomparably better, as you shall see.

Boiled fruit rolls have the great recommendation of not requiring either milk or eggs in their composition. Nowhere are eggs so lavishly used as in our American hotel kitchens. They are usually cheap enough, and if not it is best that articles requiring eggs should have enough to make them what they ought to be, but the need is, for times of scarcity, to cultivate a knowledge of articles of a plainer sort. These roll puddings and other plain combinations of flour and fruit are used everywhere in England. The Frenchman serves them at the best tables as *le pouding roulé*, or as *pouding à l'Allemande*, or, à

*l'Anglaise*,

when made with preserves or jam.

Not many can, and perhaps not many try, to make the paste for boiled rolls as good as it is capable of being; but when good it can safely be said that none of our richest puddings are more in request than these following.

**341. Boiled Roll Paste.**

It is required to be as light and dry-looking when boiled, as bread or biscuit, and to peel apart in flakes. It is made in the same general manner as puff paste, but to secure the flakiness must be rolled only 4 times. No shortening nor powder to be rubbed in, but all to be rolled in layers. The softer the dough can be, to roll well, the better will be the pudding.

2 pounds of flour.

1 pint of water—full measure.

1 teaspoonful of salt.

$\frac{3}{4}$  pound of firm, cold, sweet lard.

4 teaspoonfuls of baking powder.

Butter can be used instead of lard, and the salt omitted.

Lay aside a large handful of the flour to dust with. Pour the cold water in the middle of the rest of the flour and mix carefully to have it smooth. Turn the dough on the floured table, work it very little, spread it out by rolling; drop the lard in lumps an inch apart all over, sprinkle the salt on that, sift a little flour over, fold it in three, and count that one turn. Roll it out again, spread two teaspoons of powder over it dry like so much flour, fold over and count two. At the next rolling spread on the rest of the powder, and one more rolling and folding, making four times, finishes it. Common short paste and biscuit dough can also be used for roll puddings; also biscuit dough improved by having shortening rolled in.

**342. Boiled Green Apple Roll.**

Pare and slice enough good cooking apples to make two quarts when minced. Chop them in a bowl and use without cooking, to spread over the paste.

Cut the paste already made into 4 pieces, roll out thin, spread the chopped apples evenly, roll up and tie in pudding cloths previously wetted and floured. Stick a pin in the middle to prevent swelling open; drop into plenty of boiling water and keep boiling without check from an hour to an hour and a half. Serve with butter and sugar hard sauce.

These rolls can be steamed as well. The writer thinks they are better boiled. Dip each one a moment in cold water when taking up, they come out of the cloth easier for it.

**343. Butter and Sugar Sauce.****HARD SAUCE.**

1 pound of powdered sugar.

$\frac{1}{2}$  pound of best butter.

Nutmeg.

Warm the butter and sugar sufficiently to mix well. Beat them together till perfectly white. Grate nutmeg over the smooth top. A favorite kind of sauce for any plain pudding.

**344. Boiled Cranberry Roll.**

2 quarts of cranberries.

1 pound of white sugar.

$\frac{1}{2}$  pint of water.

Wash and pick over the cranberries, place them in a bright kettle, strew the sugar over the top and pour the water over that. Put on a tight lid to keep in the steam, let them come to a boil slowly. Cook about half an hour. Mash through a colander and use the pulp for the boiled rolls. It ought to be cold before being used.

All of these puddings are calculated for about fifty people's orders.

Hotel cooks dishing up dinner like to sell out their wares, whether fish, entrees, pastries or creams, as well as people in market. The market varies a little in its demands, but in a general way the poly-poly puddings finding the readiest sale are the two kinds proceeding; after them come

CURRANT JELLY ROLL.

APRICOT JAM ROLL.

PEACH ROLL.

HUCKLEBERRY ROLL.

and then one made with molasses mixed with flour and vinegar.

It takes baking-powder to make the preceding articles, but the less shortening. Light and wholesome preparations are taking the places of the too solid puddings of a little while back. But baking-powder cannot be had everywhere, and the cook is most independent of circumstances who is richest in resources. Other kinds of paste will do well, as will be shown further on. At present we are in haste to get up some puddings for Sundays. Before getting too far away from them, however, it is necessary to remark that none of the plum puddings intended for boiling are of much account when baked, but the following, if carefully baked, will be found very satisfactory.

To crumble bread when it cannot be grated, first slice it very thin, then cut in shreds and across in small squares. It is the only neat way. Puddings with white rough pieces of bread in the middle do not look well.

**346. Baked Fruit Pudding.**

1 pound of bread crumbs.

$\frac{1}{2}$  pound of chopped suet.

$\frac{1}{2}$  pound of raisins.

$\frac{1}{2}$  pound of currants.

$\frac{1}{2}$  pound of sugar.

1 pint of milk or water.

3 eggs. Salt.

1 teaspoonful of mixed ground spices.

1 level teaspoonful of soda

Crumble the bread small; mix all the dry articles



with it except soda, which dissolve in the milk. Beat the eggs in the milk and stir up the pudding with it, add the brandy last. Bake one hour in buttered pans. Cover with paper to keep the fruit from blistering.

What the following pudding has done that it should be called the "queen of puddings" no one knows, but that is one name it is known by on both sides of the Atlantic. Cooks demur at the appellation, because there is always as good a pudding in their repository as ever was brought out, and each one is the queen for the day. However this is a pretty pudding.

### 347. Nonpareil Pudding.

#### JELLY PUDDING, MERINGUE PUDDING, QUEEN OF PUDDINGS, ETC.

- 1 pressed in quart of white bread crumbs.
- 1 quart of milk.
- $\frac{1}{4}$  pound of butter melted.
- $\frac{1}{4}$  pound of sugar.
- 1 lemon.
- 5 yolks of eggs.
- 1 cup of fruit jelly.
- 5 whites and 4 ounces of sugar for the meringue.

The jelly is to spread on top after the pudding are baked.

Mix all the ingredients preceding it together cold—the lemon grated and squeezed. Bake till set in the middle. Take out and spread the jelly over the top. Beat the whites of eggs till they will not fall out of the bowl turned upside down; stir in the sugar—granulated is best—and a few drops of flavoring. Set the puddings back in the oven till the jelly on top is at boiling heat, then spread the meringue over and let them stay with the oven doors wide open to dry-bake and acquire a slight color.

It seems impossible to get along very fast, for now there has to be a little talk about meringues. Meringue (marang) paste is the mixture of beaten white of egg and sugar. When we write lemon pie *meringué*, it means that it is meringued. Meringues take a wide scope. The icing and ornamenting on cakes is strictly meringue paste. Egg kisses, as they are called, are meringues. The differences are only in the proportion of sugar to eggs. Let us call this on puddings and lemon pies soft meringue to distinguish it from frosting. A tray full of saucers of pudding of the preceding sort looks very attractive when success has attended the making. The pudding should be shallow in the pan, and the meringue should be of about equal thickness; should be firm and cut square, only very often it does not do so, but falls after baking till it is nothing but a pitiful

scum. Too much baking is generally the reason. Meringue needs only a very slight heat. Another thing that spoils meringue is spreading it on cold jelly or fruit. It never cooks at bottom but dissolves to syrup. Have the puddings or pies baking hot when the meringue touches them and it will not disappoint you. As to getting the whites to beat up light with ease and certainty that can be accomplished by having them cold to begin with, in a cold bowl and beaten in a cool place. Fifteen minutes of hard work may be avoided by taking this precaution, and five minutes' beating will do as well.

The next is a fine pudding to make when you have used the last pint of milk obtainable for ice cream; for this needs to be made with water, to be semi-transparent.

### Lemon Meringue Pudding, with Sweet Cream.

- 1 full pressed quart of bread crumbs.
- 1 quart of water.
- 6 ounces of finely chopped suet.
- 8 ounces of sugar.
- 3 lemons—rinds of all, juice of 2.
- 8 yolks of eggs.
- $\frac{1}{2}$  teaspoonful of soda.

Grate the rinds of the lemons into the bread crumbs—using a tin grater and scraping the zest from that with a lump of sugar—also mix in the suet. Squeeze the lemon juice into the water, pour it over the bread, add the sugar, eggs beaten, and lastly the soda in a little water. Bake and finish by spreading meringue over the top—made of the whites left over—same as directed for nonpareil pudding preceding. No jelly needed. For an acid pudding like this an extra sweetness and fine appearance may be given by sifting granulated sugar on top of the meringue at the moment before putting it in the oven—makes a glazed crust. The lemon pudding, of course, can be left plain, without meringue. Sweetened cream made hot, but not boiled, is the best sauce.

### 349. Lemon Pudding Souffle.

#### INDIVIDUAL LEMON PUDDINGS.

Make the mixture for the lemon pudding of the preceding receipt. Instead of baking stir it over the fire in a bright saucepan till it becomes thick and pasty. Beat 4 or 6 more yolks quite light and stir them in; then beat all the whites left over to a stiff froth and mix them in likewise. Bake in cups or paper cases. If wished to ornament these small puddings make some meringue and drop a tablespoonful on top while baking, when done fawn color drop some spots of bright red currant jelly on top of that. Send straight from the oven to the table, as they soon fall.

Already there are two or three ways indicated of "topping off" with meringue—plain; with a crust-  
ing of sugar on top; and with spots of red jelly on  
the white; ways that are equally applicable to flor-  
entines, fruit compotes and other dishes. The next  
specimen gives another variation.

### 350. Baked Cocoanut Pudding.

#### WITH ORANGE SYRUP.

1 pound of cocoanut (less if the desiccated is  
used).

1 full pressed quart of bread crumbs.

1 quart of milk.

2 ounces of butter.

2 ounces of sugar.

1 lemon, or sour orange.

4 yolks of eggs.

Make up like preceding kinds; mix in half the  
cocoanut and bake in two buttered pans. Beat up 6  
whites of eggs, add to the firm froth 5 ounces of  
granulated sugar and the remaining half pound of  
cocoanut. Spread this cocoanut meringue over the  
puddings and bake again very slowly with the oven  
doors open. Cut in squares or diamond shapes and  
serve with orange syrup.

### 351.

There are numbers of good nondescript articles  
which we hardly know where to place on an Ameri-  
can hotel bill-of fare.

Their merit is proven by that best of tests, a con-  
stant appreciative demand. A good dinner gets to  
looking incomplete when occasionally they are left  
off. As these articles do not belong anywhere else  
they are by common consent and usage called "sweet  
entrees"—which is probably an Americanism—and  
with the entrees they stand, usually bringing up the  
rear.

As already hinted, these "sweet entrees" are al-  
ways evidently welcome and undoubtedly make a  
difference in the amount of pastry required after-  
wards. But one of these is enough at a time. Bad  
taste, poor management and poverty of resource  
among meats and vegetables are apparent when a  
bill-of-fare with ten or twelve entrees shows half of  
them to be of a sweet or farinaceous character.  
Without the one each day a long line of favorites,  
such as fruit fritters, charlottes, rice cakes, sweet  
croquettes, patties, turnovers, rice with apples, pan-  
cakes, etc., etc., could never appear at all.

This, however, applies only to hotels furnishing  
full length bills-of-fare. There are greater numbers  
of houses, both public and private, where any one of  
these sweet entrees might suffice for the pastry  
course, and this is particularly the reason for here  
describing the charlottes which are oftenest used as  
puddings.

A fruit charlotte cannot be "thrown together"  
and be good. Its excellence, when carefully made,

and its cheapness, make it worth the attention here  
given to details.

### 352.

#### Apple Charlotte.

#### A LA PARISIENNE.

Compote of apples, or apples stewed dry and  
sweet, baked between two layers of buttered bread  
and glazed with egg and sugar.

40 small thin slices of French rolls.

2 pounds of pared and quartered apples

1 pound of sugar.

$\frac{3}{4}$  pound of butter.

1 or 2 eggs for glaze.

Nutmeg or cinnamon.

Stew the apples soft with three-fourths of the su-  
gar and a pint of water and steam shut in; then  
mash with a spoon and grate nutmeg in.

Dip the slices of rolls as lightly as possible in the  
butter melted in a deep pan—dip both sides without  
touching the salt dregs. Line two bright, three-  
quart pans with them, bottom and sides, divide the  
apple in, placing it well around the sides; lay more  
dipped slices all over the tops slightly pressed into  
the fruit, and bake the charlottes of a nice toast  
color, bottom crusts as well as top. Then with a  
brush wet them over with egg and water; dredge  
the remaining sugar over and bake ten minutes more  
to glaze.

To be dished out of the pans; no sauce needed  
unless for pudding, when sweet cream is best.

For a charlotte to be served whole still greater care  
is needed in baking. Take a deep mould, a six or  
eight sided cake or pudding mould does. Cut slices  
of bread to fit—bottom, top and sides. Spread but-  
ter rather thickly on one side the slices, dip the  
other side in beaten egg; place them with the butter  
next the tin, fill the inside with the apple compote;  
place the cover of bread on top and bake in a mod-  
erate oven over half an hour. Turn it out carefully  
on to the dish, glaze over with egg and sugar and  
the red-hot salamander and pour round it either  
diluted red jelly or else whipped cream.

### 354. Buttered Apples on Toast.

#### AMERICAN APPLE CHARLOTTE.

This can only be made "just right" when extra  
good, easy-baking apples are at hand, because the  
raw apples should be done by the time the bread  
at bottom is browned. Pippins and bellflowers are  
best.

40 thin, square slices of bread.

2 pounds of pared apples.

$\frac{3}{4}$  pound of butter.

$\frac{3}{4}$  pound of sugar.

Cinnamon or nutmeg.

The slices of bread should be all of one size. Dip



one side in melted butter and place them, buttered side down, in close order in a shallow baking-pan; place half an apple or two quarters on each slice and bake brown with repeated basting with a syrup made of the sugar, butter and cup of hot water and cinnamon. The apples ought to shine transparently without black edges when done. Dish up with an egg-slice.

### 355. Charlotte à la Marialva.

Named, probably, after a French cathedral town; possibly a monastery. It is a charlotte of the most elaborate degree, the bread cut in small fancy shapes and placed in patterns, or in fingers lapping edges, on the sides of a mould spread with butter. Apples and apricots, sugar and butter and fruit jelly all stewed down to a paste is used to fill. Baked, glazed, and wine sauce served with it.

The preceding directions and examples apply to

PEACH CHARLOTTES.

PEAR CHARLOTTES.

CHARLOTTES OF MIXED FRUITS.

Almost any kind can be used. The poorest that can be used for such a purpose are the mulberries dyed with logwood, which are now being sold for canned blackberries. Mulberries with their own natural color, when mixed with sour apples, are good enough.

Now here, in the next, is another knot to be untied. Not that the charlotte itself is a knot, else it were better cut than picked apieces, but the name, "friar's omelet," whence comes it? The clue in this case is fainter than the almost invisible thread which led through the maze to Fair Rosamond's bower. Why should a charlotte, or rather, perhaps a mixture of apples be called an omelet, unless, because, it looked like omelet? And suppose the preceding charlotte à la Marialva came from a monastery and the English cooks made an apple mixture as near like it as they could and called it friar's omelet. And suppose the French cooks adopted the English mixture because it was good and called it English apple cake. That is how it seems to have been. There used to be a saying about the longest way round being the shortest way home, and another about going from home to learn the news. Some English names being placed backwards in French have come back to our language as new words, as canteen from tin can; so in French cook books we find that called English apple cake, which in English on both sides of the Atlantic is called friar's omelet.

Suppose once more that some person out of patience with trying to line his charlotte mould with bread patterns of leaves, flowers, crosses and hearts and diamonds, just crumble the bread fine and

pressed a blanket like coat of crumbs on to the thick buttered sides of the mould, filled that with the following mixture and baked it of a handsome reddish brown, why then you have a very fair conception of the way that many of our good but rough-and ready American dishes came to be made.

### 356. English Sweet Apple Cake

FRIAR'S OMELET. GATEAU DE POMMES RENVERSE.

A kind of timbale of apple custard baked with a casing of bread crumbs.

1 quart of dry stewed apples, or baked apple pulp.

6 ounces of sugar.

4 ounces of butter.

$\frac{1}{2}$  cupful of cream.

6 eggs.

Nutmeg and cinnamon.

Bread crumbs, about a quart.

Custard for sauce.

Mash the drained apples through a colander, add the butter to it while warm, then the sugar and flavor, and the eggs and cream beaten together. Spread some softened butter all over the inside of a mould or pudding pan and press on all the fine grated bread crumbs that can be made to stick. Pour in the apple mixture; cover the top with crumbs pressed in; moisten the top with melted butter and bake brown, and well set.

Turn the apple cake carefully upside down out of the mould and serve it either with whipped cream flavored with wine and sugar, (*à la chantilly*) or with diluted red fruit jelly (*sauce aux fruits*).

### 357. Individual Charlottes.

Are best and easiest made with either the friar's omelet mixture preceding, or the apple custard pudding following; use the deepest gem pans; if fluted or otherwise ornamented shapes, so much the better. Brush them over with a brush dipped in soft butter, coat with bread crumbs, fill and bake like the large apple cake. When done have some *sauce dorée* ready; mix into it a nearly equal amount of thick cream whipped to froth, and pour this around the charlottes. Another way is to place a spoonful of meringue on each one and set the charlottes back in the oven on a baking pan to color. Place two or three red raspberries on top of the meringue. No sauce required.

### 358. Apple Puddings Souffles.

INDIVIDUAL.

Make either the friar's omelet mixture or the apple custard next following. Instead of baking, stir

the mixture over the fire till it becomes thick. Take it off and add 4 beaten yolks,  $\frac{1}{2}$  cup of brandy, a teaspoonful of lemon extract and the same of extract of cloves; then 6 whites of eggs beaten up firm. Bake in cups, shells or paper cases. If the apple sustard be used—it is the richer of the two—observe that it is of double quantity and the added ingredients must be doubled accordingly.

### 359. Apple Custard Pudding.

#### A L'AMERICAINE.

2 quarts of dry stewed apples or baked apple pulp.

1 pound of sugar.

$\frac{1}{2}$  pound of butter.

20 yolks of eggs.

Lemon, nutmeg, or cinnamon flavor.

Mash the drained apples through a strainer. Mix in the other ingredients. Bake in a bright pan previously buttered. Use as pudding with either sweetened cream or wine sauce.

Here we have reached a boundary line. One step more would be out of the domains of pudding and over the borders of pie, for the last apple custard with a little milk added makes nice apple cream pie.

"Well, thank goodness, it was not a bread pudding, for we are so tired of bread puddings."

"When did we have any bread puddings? We have had queen of puddings, plum puddings, baked fruit pudding, lemon pudding, cocoanut pudding, charlottes, and souffles and meringues."

"They all have bread in them, more or less, except the boiled roll puddings, and they are made of biscuit dough."

"But they all and many more were made with bread, more or less, before our time; and they are none of the rough, unsightly bread crust abominations, but delicate compounds of fine, white crumbs."

"There is no fault to be found with the puddings, but don't you see there's no more bread in the house?"

"Oh, well there are many good substitutes when bread cannot be obtained, but you will manage to admit just one more that is made with bread, more or less, both because it is a boiled pudding for a change, and has already once been called by name but never appeared. It is one of the best."

### 360. Eve's Pudding.

A favorite variety of the plum pudding order, light and not too rich. Also called *pouding à la Française*. The pundit who put the receipt in verse was not concerned about the needs of large hotels.

1 pound of bread crumbs cut fine.

$\frac{1}{2}$  pound of chopped suet.

$\frac{3}{4}$  pound of seedless raisins, or currants.

$\frac{3}{4}$  pound of chopped apples.

$\frac{1}{2}$  a nutmeg grated.

Mix the above together dry; then beat together:

9 eggs Salt.

$\frac{1}{4}$  pound of sugar.

1 teaspoonful of lemon extract.

Stir all well together; tie the mixture in two cloths, leaving a little room to swell, and boil without stoppage 4 hours. When eggs are scarce 5 or 6 will do with half a cup of milk added. Butter and sugar sauce is suitable; though one says, "Adam won't like it without wine and sugar."

"Such," says Bulwer, "is the constant habit of young people. They think anything expensive is necessarily good." Bulwer was young himself at that time, and must have known how it was. If the obverse was as invariably the case we should expect to find but few admirers of the following, which is the cheapest pudding made. Certainly it is not the case in this direction, for we find no difficulty in disposing of large quantities of this pudding of many names. However, it must be properly baked, and ought to be in a brick oven, otherwise it has no goodness at all. The theory of rice pudding is—by the way, perhaps you did not know there was a theory of rice pudding? Yes, indeed. This is a great day for theories, and there is a pudding theory as well as a nebular theory and an atomic theory and an evolution theory; and as there will be unlimited time to study the others after we are done with pudding it is evident the pudding theory should stand first.—The rice pudding theory teaches that all the richness is derived from the evaporation and condensation of the milk. As one pint of rice will absorb three pints of milk and no more, the baking has to be so protracted that the pudding is made to contain the condensed richness of six pints of milk, half of it, the watery part being dried out in the oven. As a matter of course the richer the milk and the more cream it contains the better it will be to start with.

Baked Rice and Milk Pudding. Astor House Pudding. English Rice Pudding. Plain Rice Pudding. Poor Man's Pudding, Etc.

### 361.

1 pint of rice.

1 pint of white sugar.

6 pints of milk.

Ground cinnamon or nutmeg.

Very little salt.

2 ounces of butter, optional.

Wash the rice in three or four waters and divide



it in two pudding pans. Mix the sugar, salt and cinnamon equally with it, then pour in the milk cold. Add the butter if the milk is not rich. Bake in a slow oven 3 or 4 hours. It may be best to use only 5 pints of milk at first, and add the other if the time allows the puddings to boil down dry enough. Scorching on top may be prevented by covering with paper previously greased. Almost any pudding sauce is suitable, and so is pure cream, but for preference, *sauce dorée* or golden sauce may be taken; it gives the best appearance to so plain a pudding.

People who are weary of the sameness of egg-laden and butter-soaked hotel puddings, and who like simple flavors, will appreciate the foregoing plain rice pudding and the following wholesome variations of the same.

### 362. Rice and Apple Pudding.

The plain rice pudding preceding, made with only 4 pints of milk and 1 pound of good cooking apples, pared, cored and quartered.

Drop the quartered apples in the puddings, bake 3 or 4 hours and keep covered with buttered paper to prevent scorching, and black edges on the apples. An inch length of stick cinnamon to each pudding improves. Cream and sugar, or else hard sauce.

### 363.

#### Baked Rice and Raisin Pudding.

Same as the last with raisins instead of apples. None of the foregoing rice puddings should ever be stirred while baking. The rice grains should be whole when done.

The next needs no help of sauce for its appearance. It is as rich and delicate as a rice pudding pure and simple can be made.

So, sonny, you say you have a mother to help, and you have been trying everywhere and you can't get anything else whatever to do, therefore you want to get a job in the kitchen. Now, don't you see that is not at all complimentary to the kitchen? Hotel keepers have a hard enough time without having to contend with the leavings and castaways of all other occupations and employments. Yet they always want smart, intelligent and industrious boys. You appear to have sense, perhaps you even have sense enough to become a good cook. And you might do worse. You will probably live to see the time when a man of sense and sensibility will not be ashamed in the United States to say he is a hotel cook. And we all want helpers of the right sort. Our good seconds, whose ways and dispositions we know, and who know ours, are continually drifting away from us. They are always wanted to go to the head of

some other kitchen. They take partnerships in restaurants. They open ice cream saloons, bakeries, railway eating houses, saloons, lunch stands; they go as stewards; and some are lost and never are found. So there is room for intelligent boys like you—if you are intelligent. She keeps you clean and decent, doesn't she? Can you read and write? Yes. Have you worked in a kitchen before—know a stock boiler from a chopping machine? Yes, you have worked about a kitchen a little. Good enough; now go and make me this rice pudding. You can't make a rice pudding? Oh, yes you can; the finest rice pudding you ever saw; just as good as I can. Take this receipt; hang it on the nail before you; follow it out; you will come out right. But observe there is not a word too much, and every word means something. When it says buttered pans it means you are to butter the pans before you pour the puddings in. When it says well washed rice it means you are to sure enough wash the rice—rub it clean in cold water, pick out the specks; pour water on and off it till there is no more sign of meal in it. It is the meal or flour in rice that burns at the bottom of the saucepan, not the rice alone. When you have made this successfully preserve the receipt. You will not be a cook or pastry cook because that one thing is done perfectly; it will take you five years to learn it all, and then there will be just as much more that you will never learn. But if you do some new thing each day and hold on to the knowledge, and observe all that is done around you you will have gained so much over and above your wages. Count it in dollars if you like; one dollar, five dollars; according to the desirableness of the article you have learned to produce; according to the difficulty of making it which you will have overcome. So in a year or two you will have a trade better for you than if your daddy had left you a fortune. Now scoot. Don't speak to me anymore till I speak to you. The other boys will show you where to find the rice, milk, sugar, butter, eggs. You will be slow at first. We don't allow youngsters to do guess work. Old hands may guess, but even they can't always hit it, and your ingredients cost money. Afterwards you must learn to work fast if you are going to be a hotel cook. I shall know by to-night exactly what you are worth. "For man is man and master of his fate." How goes that song? I will make that boy learn it if it can ever be found again.

"Turn, Fortune, turn thy wheel and let it turn,  
Thy wheel and thee we neither fear nor hate.

Our lands are little but our hearts are great,  
And man is man and master of his fate,"

Or words to that effect.

**364. Rice Custard Pudding.****VANILLA SAUCE.**

2 full quarts of well cooked dry rice.  
6 ounces of butter.  
8 ounces of sugar.  
8 yolks of eggs.  
1 quart of milk.  
1 tab'spoonful of lemon extract.

The rice should be already cooked in water and milk. Measure it and while still hot stir in the butter and sugar. Beat the yolks with the milk gradually added; stir well into the rice; flavor slightly; pour the pudding into two buttered pans and bake about half an hour.

To prepare the rice from the first boil 1 pound of well-washed rice in 1 quart of water, add a pinch of salt. When half done add 1 pint of milk and let simmer an hour with the steam shut in. Never stir it and it will not be very apt to burn.

Any of these puddings left over can be used for fritters.

Full directions for making a score or more of good pudding sauces will be found all together, further on. For these richest rice compounds a clear transparent sauce flavored with vanilla, or else with red wine, will be found most suitable.

As with the bread custard and the plain rice the reader is advised to note particularly the preceding rice custard, not only to avoid repetition here, which would be a small matter, but because the mystery is all removed from the variations when the basis of all has once been made.

**Carolina Pudding, with Transparent Sauce.**

Make the rice custard pudding preceding, and add to it one egg more, and  $\frac{1}{2}$  pound each of seedless or seeded raisins, currants and candied orange peel. Flavor with orange extract very lightly. The fruit must be strewn evenly over the top after the pudding is in the baking pans, and slightly pressed in with a spoon; else it may all sink to the bottom.

**West Indian Pudding, with Guava Jelly.**

Make the rice custard pudding, preceding, and add to it 1 whole egg and  $\frac{1}{2}$  pound of grated fresh cocoanut. Mix all, and when the pudding is in the pans take 1 pound of pineapple in thin, small slices and lay over the top, slightly pressing it in.

The pineapple, if fresh, should be stewed first in a little sugar syrup; then use the syrup to dilute the guava jelly for sauce.

Bake these puddings no longer than till fairly set

in the midd'e, as the fruit has a tendency to cause a watery separation of the eggs if cooked too long. Curacao diluted a little and made hot is also a good sauce.

For the same reason that apple charlottes were included, the following "sweet entrees" are here placed in succession; namely, because they are used as puddings on occasion.

**367. Rice Cake, with Currant Jelly.**

2 quarts of well cooked dry rice.  
6 ounces of butter.  
6 ounces of sugar.  
6 yolks of eggs.

$\frac{1}{2}$  pint of milk (or less, or none if the rice be not dry.)

Flavor with nutmeg or vanilla.

Mix all the ingredients together, mashing the rice with the spoon. Smooth it over, about an inch deep, in a buttered pan. Bake in a hot oven to get a quick brown on top. Cut out diamonds, squares, or other neat shapes, and serve with red currant jelly placed tastefully on or about the rice cake.

Articles like the above ought always be baked in bright tin pans. Iron meat pans, however clean, generally stain the under side and make the cakes uneatable.

**368. Rice Cake, with Fruits.**

Prepare the rice cake of the foregoing receipt; also any kind of rich, thick, stewed down fruit, or compote of lemons or oranges.

Spread the bottoms of two bright pudding pans with butter and press on a coating of bread crumbs; all that will stick. Cover this with the rice cake mixture by spoonfuls, not displacing the crumbs. Spread a thin layer of the compote over that, then rice cake, then compote again, and finish with rice on top. Moisten and smooth over with a little cream. Sift on a little fine bread crumbs from a colander. Bake half an hour. The layers should be no thicker than those of ordinary jelly cake. Turn the cake out when done. Serve neat squares or diamonds with the brown bottom side up and the compote syrup, or any sauce around.

**369.**

We would never trouble about *timbales* in a book of puddings if the word was not a stumbling block in the way. There are timbales of rice and sweet timbales of macaroni, etc., which in effect are ornamental puddings. The word often appears in bills-of-fare when it means only rice cakes like the preceding kinds. *Timbale* means kettle drum, and is in allusion to the shape of a pudding in an ornamental pastry case. Suppose you take some yellow nouilles paste and by means of a mould form a shape



like the castle in chess, and fill that with rice cake and bake it. That is the simplest form.

### 370. Petites Timbales de Riz.

#### AUX FRUITS

Let there be no mystery about these. They are little individual rice cakes, but they cannot be described, only suggested, for they are but the cook's notions, and are more than chameleon like, they change shape as well as color.

They are of no consequence—only passing fancies. They are unlooked for contingencies; unexpected circumstances; dernier resorts; put in to fill up the bill, to decorate and set off the row of little dinner dishes before the guest. There are cameos and there are stage scenes laid on with a whitewash brush; both are meritorious in their place. When the cook is tired of cutting out rice or farina or tapioca cakes in squares, and dishing up charottes with a spoon, he takes some means of giving to each person an uncut, untouched and more or less decorated trifle in symmetrical shape. The main compound for these little rice shapes is already found in the rice cake plain, preceding. A suggestion of variation is found in the rice cake with fruits. Suppose you take muffin rings, brush them inside with butter, coat them with fine grated bread crumbs, fill with rice cake, bake brown and serve a green gage plum stewed in bright syrup, or half an apricot, or three red cherries with the thick juice on top. Or, instead of rings, take some handsome stamped gem pans, the deeper and more pyramidal the better, and on the buttered sides place some shapes cut with your fancy vegetable cutters out of the greenest candied citron, or watermelon rind; or else, instead of bread crumbs, use finely chopped yolks of eggs; or, instead of any of these, make some nouilles paste—which is flour moistened with yolk of egg, with a little salt and nothing else, and worked to smoothness—and cut, leaves, etc., out of that. Then place rice cake round, over the patterns—a sort of wall or casing—and inside fill with preserved fruit, jam or conserve. After baking these may be turned out, glazed with yolk of egg and milk or sugar, and quickly browned again. Sometimes little rice cakes, not sweetened, are baked in the tiniest gem pans holding scarce a tablespoonful, and are served as decorations of entrees, and with fish.

### 371. Plain Boiled Rice Pudding.

The writer has not found occasion to be much concerned about boiled puddings of rice; hotel people who require anything so plain being amply satisfied with the rice prepared for a vegetable dish. If, however, the competition of the other restaurant is so severe that one must give good meals for ten,

or fifteen, or twenty cents, or if there is Chinese help to be fed, a boiled rice pudding is not so bad. Besides, we have Dr. Andrew Combe's "Physiology of Digestion" to prove that it is the easiest of digestion of all puddings, and therefore commended to dyspeptics.

Wash a pint of rice; mix a handful or two of either raisins, currants or apples with it, tie up in a cloth with room enough to swell to three pints; put on in cold water and boil about an hour. Syrup or molasses for use.

If the foregoing is a "poor man's pudding," the next must certainly be his rich relation's. It can be handsomely turned out of a handsome mould and the rich custard poured round. It will not be good unless the tapioca be thoroughly soaked as directed, and may take  $\frac{1}{2}$  pint more milk; the receipt is on the safe side for turning out in good shape.

### Steamed Tapioca Pudding, with Custard Sauce.

- 1 pound of tapioca
- 3 pints of milk.
- $\frac{1}{2}$  pound of sugar.
- 3 ounces of butter.
- 6 yolks of eggs.
- 3 whole eggs. Salt.
- 1 lemon, juice and grated rind.

Soak the tapioca in most of the milk in a warm place 2 hours. Then boil the remaining milk with the salt, sugar and butter; turn in the soaked tapioca, let simmer 15 minutes with the steam shut in; then beat in the eggs and lemon. Butter two moulds, put in the mixture, and steam one and one-half hours.

#### STEAMED SAGO PUDDING.

#### STEAMED GROUND RICE PUDDING.

#### STEAMED FARINA PUDDING.

These can all be made by the foregoing receipt, but of farina use 2 ounces less, as it absorbs more liquid than the other substances.

Enough has been said about rice cakes and timbales to dismiss the subject, but here is the same thing done in tapioca.

### 374.

#### Tapioca Cake, with Apple Jelly.

- $\frac{3}{4}$  pound of tapioca.
- 3 pints of milk, or milk and water.
- 4 ounces of sugar.
- 2 ounces of butter.
- 10 yolks, or else 3 whole eggs.

Orange flavoring. Salt.

Soak the tapioca an hour or two in half the milk.

Boil the rest of the milk with the sugar and salt in it; stir in the tapioca and let cook gently half an hour. Then beat in the butter, eggs and flavoring and bake like rice cake, an inch deep.

### 375. Tapioca Custard Pudding.

$\frac{3}{4}$  pound of tapioca.

3 pints of milk.

6 ounces of sugar.

3 ounces of butter.

8 yolks and

2 whole eggs, Salt.

Grated lemon rind or other flavor.

Sift the dust from tapioca. Sometimes it is better to wash it, besides, like rice. Soak it in half the milk about two hours in a warm place. Boil the rest of the milk with the sugar in it—the sugar prevents burning at bottom—cook the soaked tapioca in it about half an hour. Beat the eggs, mix all together and bake only till the puddings are just set in the middle, lest the custard in it curdle and separate instead of being creamy rich. Any hot, clear, transparent sauce or lemon syrup suits, also brandy and wine sauces. This pudding is often served cold with sweetened cream. Also may be cut cold in shapes, egged, breaded, and fried as fritters.

Does it seem like extravagance to call for so many yolks of eggs for puddings? Is is not. What might be so regarded in private house work is really the greatest economy in hotels where each fresh meal is required to be as good as the one that preceded it, and the whites of eggs left over are needed in a hundred ways. The whites do no more good in puddings than so much flour or starch. The yolks give the richness and fine color. Probably at another time we shall have a talk about silver cakes, snow cakes and a dozen others made with white of eggs, white cocoanut pies, white whips and floats, and the meringues must not be forgot.

### 376. Tapioca Custard Meringue.

Make the tapioca pudding preceding. When baked spread over the top some lemon conserve or orange marmalade. Beat whatever whites are left over to a froth; add sugar, about an ounce to each white, lightly stirred in, and vanilla flavor. Make the top of the pudding baking-hot again, then spread on the meringue and dry-bake.

### 377. Farina Custard Pudding.

2 quarts of milk.

7 ounces of farina.

6 ounces of sugar.

4 ounces of butter.

8 yolks, or else 5 whole eggs.

Boil the milk with the sugar in it and a pinch of

salt. Sprinkle in the farina dry, beating all the while with the large egg-whip to avoid having lumps in it, as if making mush. Let the farina cook slowly half an hour or more. Farina kettles not needed when there is sugar in the mixture, and set at the back of the range. Then mix in the butter and beaten eggs. Bake in two buttered pans about 20 minutes.

### 378.

#### Farina Cake, with Quince Jelly.

Make same as tapioca cake; an ounce less farina and no soaking needed.

#### Farina Cake, with Fruit, Rum Sauce.

Raisins, currants and citron baked in the farina cake. Served with thick syrup containing rum. Small timbales on the same plan.

### 379.

#### SAGO PUDDINGS.

#### SAGO CAKES.

Can be made by preceding receipt for tapioca. Better to write them out if to be used for sago.

### 380.

"Now, Jerry, the bill of fare—what pudding today?"

"I thought I would give you steamed pound if that will suit."

"Will suit first-rate if you don't fail with it."

"Fail?—fail?—there's no such word as fail!"

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"Well, Jerry, it is time to dish up the puddings. How are they? Look at them."

"Failed — — — failed—by the holypoker!"

"Now, Jerry, this is too much for human nature. There is no need to fail with steamed cake-puddings. There is a reason for everything, and pound pudding fails only because either there is too much sugar in the mixture or else because it does not get done enough. Now your mixture is all right but your puddings are not done. There is a white, light layer on top where the steam was hottest, but all the rest is gum and sugar. Steamed sponge puddings are the easiest to cook; they take from an hour and a quarter upwards according to size. Pound puddings come next, but they must have near two hours, unless very small. Steamed fruit puddings take much longer. If you go to a high point in the mountains your puddings need to steam longer still. And remember the water below must never stop boiling, and time counts nothing if you have no steam up."

Now who would have thought there was another pudding of bread, more or less, lurking back here? Sorry they are so numerous, but this is a very good one and steamed puddings are in demand.



**381. Steamed Bread Pudding.**

- 1½ pounds of white bread crumbs.
- ¾ pound of sugar.
- ¾ pound of butter.
- 1 quart of milk.
- 4 whole eggs and
- 8 yolks.
- 1 teaspoonful of baking powder.
- Lemon rind or extract.

Mix the bread crumbs and sugar together. Put the butter in the milk and boil them. Pour the boiling milk and butter over the bread and let stand awhile to steep. Beat the eggs and yolks together and mix them in; the flavoring, baking powder, then beat all together 2 or 3 minutes. Steam an hour or little longer in two buttered moulds. Serve with hard sauce, meringue sauce, butter sauce or maple syrup. Better write it a finer name on the bill-of-fare.

**382. Steamed Sponge Pudding.****WINE OR BRANDY SAUCE.**

- 14 ounces of granulated sugar.
- 12 eggs.
- 14 ounces of finest flour.
- Vanilla flavor, about two teaspoonfuls.

Beat the sugar and eggs together in a kettle half an hour by the clock. You can't time it by the arm ache, as ten minutes seems half an hour that way. Have the ingredients all cold and beat in a cool place. When the time is up the kettle will be half full of a foamy batter. Then stir in the flour in portions. Do not beat but stir round till the flour is pretty well mingled and out of sight. Add the vanilla extract. To be perfect all sponge cake articles must be cooked as soon as the batter is finished. Steam it in pudding moulds, jelly moulds, melon moulds or any kind you like—no matter about lids—about an hour and a half.

Whenever any of these cake mixture puddings seem to be heavy or sticky, provided the fault is not in the steaming, they may be corrected next time by using a trifle less sugar. At great altitudes the sugar has to be considerably less, and newly arrived pastry cooks are often "thrown" through not understanding or being willing to believe it.

**383. Steamed Pound Pudding.****BRANDY, WINE OR CURACOA SAUCE.**

- ¾ pound of white sugar.
- ¾ pound of fresh butter.
- 10 eggs.
- 1 pound of flour.

Cream the butter and sugar together by warming and beating. Beat in the eggs, one or two at a time,

then the flour in small portions. To beat the mixture after flour is all in makes the pudding fine grained and whiter, but not so light. Don't beat it much. Steam in fancy tall moulds if to go to table whole; to be dished up in slices any sort of cake or jelly moulds suit.

These puddings need to be put on in good tight steamers when the water is already boiling, and be kept steaming 1½ hours, or longer.

Pretty name, isn't it? the next, sultana pudding. It is not going to be told here how it compares in goodness with the queen pudding which we had away back, because a comparison between a queen and a sultana would be odious. However, this is a white rose.

**384. Sultana Pudding.****RED WINE SAUCE.**

- ½ pound of granulated sugar.
- ½ pound of fresh butter.
- ½ pound of white of eggs (9 whites).
- ½ cupful of milk.
- 1 teaspoonful of baking powder.
- 1 pound of flour.
- ½ cup of brandy.
- 1 pound of sultana raisins.

Cream the butter and sugar together as for pound cake. Add the whites same way—not previously beaten. Then mix in the baking powder, after that the flour, milk, brandy, raisins. Steam in moulds from 1½ to 2 hours. The wine sauce served with this pudding should have a lemon cut up in it. Raspberry vinegar is an excellent sauce for puddings of the above description.

**385. Steamed Coccanut Pudding.****WITH ORANGE JELLY.**

The same mixture as the preceding with ½ pound of coccanut and some lemon extract instead of raisins and brandy. Almonds, citron, cherries and other fruits can be used in like manner.

The same useful mixture also makes a good white cake, white raisin cake, etc.

There is something almost appalling in the vaulting ambition of these cooks when they set themselves to naming puddings. How blest, then, is our lot, that for the purposes of this writing we are without the bounds of Great Britain and of Canada, otherwise we, the reader and the scribe, should inevitably encounter and have to pay attentions to, let us see—"Her Majesty's pudding," "Empress Josephine's pudding," "Queen Mab's pudding"

This last is cosmopolitan, however, and is a nice enough little pudding, but too fairy like to be eaten

with a knife and fork. There is good reason for believing that it is not a Spenserite at all, but a tawny Italian cream pretending to come accredited from

"The court of Mab and of the faery king."

Then there would be "Princess Louise's pudding," "Beatrice pudding," and Marie Stuart's and Sir Watkins'. Besides, there would be shadows in the distance of the illustrious Lord Dundreary's pudding and the honorable Earl of Flaxton's. So every cloud has its silver lining. We might be worse off. As it is, we already have the queen rose of the rose bud gar—I mean we already have the "queen of puddings" and the Sultana Scheherezade's fav—at least, that is, we have a very white sultana raisin pudding with carmine chee—that is to say, with carmine-colored sauce; we have the king pudding that rules the British roost, laurel crowned, with all his fierce snap-dragon flames around him; the socialist Jack Cade of puddings is coming on his way, and how do we know but that to meet and dispute with great Haggis, the highland chief, there will arise from our steaming cauldron a stalwart Tuscarora chief, in a yellow mantle, with silk and tassel, just as he won over his Minnehaha long ago, whatever her name may have been then. Meantime make way for the great; here comes imperial pudding. It is still a question whether this should be regarded as a l' imperial or a l' imperiale, but as pudding is masculine in French probably it is imperial. No doubt but in this case the empress had it made to suit the emperor, and not to suit herself, which makes it all the more remarkable.

### 386. Imperial Steamed Pudding.

- 14 ounces of butter.
- 12 ounces of sugar.
- 11 eggs.
- 1 pound of flour.
- Lemon and nutmeg extracts.
- $\frac{3}{4}$  pound of almonds.
- $\frac{1}{2}$  pound of citron.
- $\frac{1}{2}$  pound of raisins.

Mix the former ingredients as if for pound cake. Scald, peel and chop the almonds, cut the citron in shreds and take the seeds out of the raisins. Before adding the fruit to the cake mixture dust it well with 2 ounces more flour.

Steam in ornamental moulds about  $2\frac{1}{2}$  hours. Lemon, brandy, wine, meringue or sabayon sauce.

### Steamed Fruit Pudding. Pound Fruit

387.

Pudding.

- 14 ounces of butter.
- 12 ounces of sugar.
- 11 eggs.
- 1 pound of flour.
- 1 teaspoonful of mixed ground spices.

1 lemon, juice and grated rind.

$\frac{1}{2}$  cup of brandy.

1 pound of raisins.

1 pound of currants.

$\frac{1}{2}$  pound of citron.

The first four articles are to be mixed first, as usual for cake, then the others added, not forgetting to dust the fruit well with flour.

It is one of the most satisfactory puddings to make for hotel use; being really a good plum pudding to replace the boiled, which requires twice as much time. Steam these fully 3 hours; longer if in large moulds.

388.

### Individual Steamed Puddings.

Steam any of the foregoing varieties, and any other kinds made of cake mixtures in egg cups. They rise rounded on top and do not fall like soufflés. From 30 minutes to one hour is required for steaming, according to the kind, sponge puddings being soonest done. In restaurants they are commonly served in the cups with sauce in a little pitcher separate; but may be turned out and served in saucers as well.

### 389. Steamed Cabinet Pudding.

- 2 quarts of slices of cake.
- 4 ounces of butter.
- $\frac{1}{2}$  pound of citron shred fine.
- 3 pints of milk.
- 8 eggs.
- $\frac{1}{2}$  cupful of red currant jelly.

Sponge cake is best. A 2 quart milk pan will measure the slices.

Use shallow pudding moulds having lids. Stick the shreds of citron around the insides on a coating of butter. Spread one side of the cake slices very thinly with butter, the other side with jelly, and pile them in the moulds, not to fit tight. Beat the milk and eggs together—no sugar needed—pour over the cake; when absorbed fill up again. Steam  $1\frac{1}{2}$  hours. Turn the puddings out of the moulds and serve whether whole or in slices with either meringue sauce or *sauce ecumante* poured over.

390.

### Individual Cabinet Puddings

The same ingredients and amounts as the preceding. Cut the slices of cake with a small round, octagonal or scalloped cutter, spread them with butter and jelly and pile them in custard cups. Fill with the mixed eggs and milk and refill when the first is soaked in. Steam half an hour with a cloth over the steamer under the lid to prevent dropping of water. Place a spoonful of meringue on top of each one when they are turned out of the cups, and brown them slightly with a red hot salamander or shovel held over.



**391. Steamed Brandy Pudding.**

- 2 quarts of slices of cake.  
 $\frac{1}{2}$  pint of brandy.  
 $\frac{1}{2}$  pint of finely chopped, seedless raisins.  
 4 ounces of butter.  
 $2\frac{1}{2}$  pints of milk.  
 8 eggs.  
 $\frac{1}{2}$  pound of almonds, blanched and split.

Line the moulds with the split almonds stuck to a thin coating of butter. Spread the minced raisins upon the slices of cake; fill up the moulds, sprinkling in the brandy by spoonfuls, and the rest of the butter in bits. Then beat the eggs and milk together, pour in all the moulds will hold and the cake will absorb. Steam  $1\frac{1}{2}$  hours.

**392. Individual Macaroon Puddings.**

Have as many egg or custard cups as there will probably be orders, about 40, and brush the insides with melted butter. Place in the bottom of each a small round sponge drop. Cover that with a thin layer of finely chopped raisins; on that place a macaroon and in that way fill the cup. The cakes must be split if not thin. Make a rich custard with 7 eggs beaten in a quart of thin cream and 2 ounces of sugar. Fill in with a spoon all the cakes will absorb. Steam half an hour. Serve in the cups with whipped cream, sweetened and flavored, piled on top.

**393. Pineapple Puddings Souffles.**

- 2 pounds of pineapple.  
 1 pound of sugar.  
 2 ounces of best butter.  
 $\frac{1}{2}$  pint, scant, of the pineapple juice.  
 2 ounces of corn starch.  
 16 eggs.

Grate the pineapple if fresh, if canned mash fine as possible adding the sugar at last to assist in reducing it to pulp. Then stir the pulp with the sugar and butter in it over the fire. Mix the starch with the juice and add to the fruit, and let it thicken, after which add 8 yolks of eggs, beat them in and let all cook 5 to 10 minutes longer, and then set the mixture away to cool.

Then beat the remaining 8 yolks in a bowl with a Dover egg beater. Whip the 16 whites to a firm froth that will not fall out of the bowl upside down, and stir in first the yolks and then the whites, lightly and without beating the mixture at all. Bake as soon as made in about 40 custard cups, buttered, or in silver scallops or shells, or else in paper cases. Ten minutes in a moderate oven is the time required to bake. Dredge powdered sugar on top before removing quite from the oven.

The preceding receipt will answer as well for several other varieties as if a column or two of repetitions

were written. Pears, quinces, apples, bananas, perhaps other dry fruits may be used as well as pineapple. The starch is to counteract the juiciness; with certain mealy kinds of apples it would not be needed. Bread or cracker crumbs have the same effect. 8 yolks are cooked in the mixture and 8 well beaten are added raw. The whites must be beaten quite firm, and a wire whisk is the best to use for that purpose. The mixture when finished is as light and foamy as sponge cake batter. It rises and bakes cream color in the cups or cases. Paper cases should be buttered inside and half baked before being filled, and should be filled to the top to look well when done. Carefully wipe the outsides of cups before baking. These little fruit puff puddings may be liked better with the addition of plain, thick cream for sauce. Some people would add nutmeg or cinnamon or brandy to the composition of apple puffs. Any of these mixtures left over will do to fill tarts in patty pans. These are no better than other puddings. They are all good.

**394. Pineapple Sponge Puddings.****INDIVIDUAL.**

Make the preceding pineapple souffle mixture in all respects as directed, and bake in deep tin gem pans or dariole moulds well buttered. Bake ten or fifteen minutes, keep hot, light and spongy as possible without drying them. Take out with a small knife and dish up in saucers with cream sauce.

There need be nothing wasted. The two foregoing compositions and the one to follow all make nice cream pies if diluted with a pint of milk, or with a quart of milk and 2 eggs.

**395. Lemon Sponge Pudding****A SOUFFLE TO BE SERVED WHOLE.**

- 2 pounds of grated ripe apples.  
 1 pound of sugar.  
 2 ounces of butter.  
 4 lemons, grated rind of all, juice of 2.  
 $\frac{1}{2}$  cup of milk.  
 2 ounces of corn starch or flour.  
 16 eggs.

Make according to directions for the pineapple souffles. Bake in a silver dish or mould that will hold 3 quarts. Pin a band of buttered paper around the mould to make it higher. Fill with the lemon sponge mixture and bake about half an hour. Dredge vanilla flavored sugar on top in the oven. Take off the paper just before sending to the table. Sauce doree, or butter sauce with nutmeg or cream. It can of course be baked in individual style as well as the others.

In old times, a very long while ago, there lived a race of hotel cooks who ran in such a very little narrow rut, and had such very small resources in their trade that when they had made about three different puddings they were at their wit's end, and used to have to butt their heads against the wall to shake up their memories, so they would know what on earth to make next. Then they would recollect something to make which required almonds, raisins and citron; but when they ran to the hotel store-room they found none of those articles in stock. Then they had to butt their heads against the wall again harder, till they could think of something else, and that would require apples. But the store room would be bare of apples also. And then they had to go and find a harder place in the wall and butt their heads against it harder and longer every time. That was in the dark ages. What charity it would have been, and what suffering it would have prevented if some person had stood up and told them what they might do in the case of a short store-room. How if they had no bread they could use cake; if they had no yolks of eggs they could make a pudding of the whites; if they had no eggs at all nor milk they could do just as well with a pudding that would be ruined if even milk or eggs came near it; and if they had no pineapples they could do very well indeed with pumpkins.

Pumpkin pudding must be older than pumpkin pie, because pumpkin pie is pumpkin pudding over the water. The first appearance of pumpkin in history is in the story of a young person named Cinderella, who, finding her fine coach was changed again into nothing but a hateful pumpkin that came rolling up to the door, felt vexed, and thought she would make a pudding of it.

**396.**

#### New England Pumpkin Pudding.

3 pounds of dry stewed pumpkin.  
 $\frac{1}{2}$  pound of sugar or maple syrup.  
 6 ounces of butter.  
 1 pint of cream.  
 10 eggs.  
 $\frac{1}{2}$  a nutmeg grated.  
 $\frac{1}{2}$  teaspoonful of grated cinnamon.

Steam the pumpkin and mash the required amount through a colander, as dry as possible. It is generally well worth while to stew down the pumpkin with the sugar and butter in—which prevents burning—till it has become thick and transparent. Then add the cream and eggs well beaten together, and the spices. Bake in two buttered pudding pans about half an hour. Is best when just done, but good either hot or cold. Brandy, rum or wine are sometimes mixed in; but not necessary.

Squash pudding can be made by the foregoing receipt. Once and again I made the following for a

crowd of passengers aground on a steamboat up the Arkansas, and they were glad I could.

**397.**

#### Baked Millet Seed Pudding.

1 $\frac{1}{2}$  pounds of millet seed.  
 2 quarts of milk and water.  
 6 ounces of butter.  
 8 ounces of sugar.  
 5 eggs. Little salt.  
 1 quart more milk to mix up,  
 Nutmeg flavor.

Wash the millet seed and let it cook at the back of the range about 3 hours, in the 2 quarts of milk and water; Then mash it a little and mix in the rest of the ingredients. Raisins, currants, etc., may be added. The preceding is a trifle richer in eggs than the steamboat pudding was. Syrup for sauce.

**398.**

#### Baked Yam Pudding.

Sweet potatoes will do, but the large yams grown in the sandy soils of Louisiana and Texas are better for mealiness, and have less of the potato flavor.

1 $\frac{1}{2}$  pounds of potato.  
 $\frac{3}{4}$  pound of fresh butter.  
 $\frac{1}{2}$  pound of sugar.  
 12 eggs.  
 $\frac{1}{2}$  pint of brandy.  
 $\frac{1}{2}$  pint of sherry.  
 1 tablespoonful of vanilla extract.

Boil the yams or sweet potatoes after paring, in salted water, and mash the required amount of dry puree through a colander. Mix in the butter while still warm, then the sugar, liquor and vanilla. Separate the eggs, beat the yolks into the mixture, and the whites after whipping to a firm froth. Bake in buttered pans about half an hour. Lemon syrup or wine or brandy sauce.

Common potatoes that are very good and mealy can be used in the preceding manner, with more sugar and less wine.

**399.**

#### Steamed Yam Pudding.

1 pound of potato,  
 $\frac{1}{2}$  pound of butter.  
 2 ounces of flour.  
 3 ounces of sugar.  
 8 yolks of eggs.  
 4 whites.  
 $\frac{1}{2}$  cup of brandy.  
 Vanilla flavoring.

Pare and boil the yam or sweet potatoes in salted water. Mash the required amount through a strainer. Add all the ingredients except the whites, beat well, whip the whites to a froth and stir in



gently. Steam in two small moulds 1 hour. Lemon syrup sauce.

#### 400.

##### Baked Cracked Wheat Pudding.

2 heaping quarts of cracked wheat, already well cooked and dry.

6 ounces of butter.

$\frac{1}{2}$  pound of sugar.

3 pints of milk.

5 eggs (or 8 yolks).

Cinnamon extract or grated nutmeg.

The cracked wheat must be dry, else use a pint less milk. Thoroughly mix all, the butter first while the wheat is hot. Bake in two buttered pans about half an hour. Vanilla transparent sauce or almost any other kind.

#### 401.

##### Brown Cracked Wheat Pudding. West Point Pudding. Graham Pudding.

2 heaping quarts of cracked wheat mush.

$\frac{1}{2}$  pound of molasses (a small cup).

6 ounces of butter or chopped suet.

6 eggs.

$1\frac{1}{2}$  pints of milk.

1 teaspoonful of ground cinnamon.

$\frac{1}{2}$  pound of raisins.

Mix and beat all the ingredients together, except raisins, the beaten eggs to be added last. Strew the raisins on top in the pans; they sink if stirred in. Bake an hour. Maple syrup with butter for sauce.

One large pint of cracked wheat raw will make the above amount. The mush is expected to be dry, else use less milk or more eggs. The pudding has to be apparently quite fluid when put in the oven but comes out firm enough. When either of the preceding puddings are to be made, extra wheat should be put on for the breakfast mush, to secure the benefit of the three hours cooking. When the mush happens to be cold, mash it with the milk made hot, so as to have no lumps. Those are favorite puddings and worth attention.

Speaking of those titled personages brings to mind the Marchioness. Dickens' Marchioness and Dick Swiveller. We have particular business with Dick Swiveller, for he must have been the author and originator of the word duff, as applied to pudding. Else whence comes duff? It is a word severely let alone by many people under the impression that it is slang; but slang is evanescent, this word is stable and permanent. It cannot be even a vulgarism, for it permeates all through H. B. M.'s most respectable army and navy as well as the U. S.'s. Midshipman Easy undoubtedly used the word duff for pudding, and the entire crew of H. M. S. Pinafore follow the same practice. It is simply a cockneyism, and cockneyisms extend all over the world. So

the Greenwich pensioners and the Chelsea pensioners; the Woolwich dock yard hands; the sailors on the high seas; the blue-coat children of charity marching down the streets and thoroughfares which Dickens has made familiar, all have their duff days—suet duff, currant duff, plain duff, plum duff. Great days are the days marked by plum duff! But they are not all. Thousands of factory operatives, thousands of railroad constructors of British, Canadian, Australian and American railways all own a loving allegiance to King Duff! Now who will presume to laugh at Duff, with such a following, a new Jack Cade though he may be? We shall do far better to discuss his merits, as the following pages are intended, not only Duff proper but his family and followers. But being but a new-comer, comparatively, taking the place of old pudding, whence came the word. Did not some smallwit, such as we see in Thackeray's barrooms in the Newcomes, pretending the pudding was not cooked enough, call for more dough? And did not another smallwit say if e n o-u g-h spelt enuff, d-o-u-g-h spelt duff? and they had had enuff duff. But this would never have gone abroad if Dick Swiveller had not been there. He was a little stage struck and very popular at his boarding house. He had taken the Marchioness to the theatre the night before, and on that day they took a sumptuous dinner at a London cheap boarding house. So when it came to calling for the pudding he remembered the smallwits and shouted to the waiter

"Lay on, Mack—Duff, and dumb be he that first cries, hold, enough!"

Poor Dick! he is gone now. But duff is all over the world. In the copper mines of Lake Superior, and in the carbonate mines of the Rocky Mountains, they call for duff as glibly as on board the Alaska whalers; and in all those places all our fine puddings would be called duff just the same.

Infantine pudd'n; feminine pudding; masculine duff.

But

"Quantum suf  
Ficit of duff."

Yet here he comes. Shake him heartily. He is no popinjay "perfumed like a milliner," with flumeries, frills and furbelows. He is an athlete in athletic garb; not now in fighting trim, but mellow with doing good; his countenance shining and his sides shaking with fatness. Is he rough and plain? But think how he goes into the convalescent wards; the workhouses; the almshouses, the veteran retreats, the charity schools, the penitentiaries, the very hulks, and they all smile to see him come. And what might not happen in barracks army and navy training schools in camp and on the sea, were the regular weekly visits of this potentate arbitrarily forbidden? Athlete, did we say? Why, bless us,

"things are not what they seem;" how do we know but he is an Atlas, and on his shoulders he is bearing up empires?

If you had not been forewarned to treat him knightly, you might not have suspected that this following is King Duff.

#### 402. Plain Boiled Suet Pudding.

2 pounds of flour.  
1 pound of suet.  
 $1\frac{1}{2}$  pints of water.  
A large teaspoonful of salt.

Chop the suet, not too fine, and rub it into the flour. Mix with the water. It makes a soft dough. Beat it thoroughly with a spoon. Put it in a conical or funnel-shaped pudding bag, previously wetted and floured, and boil about three hours. The water should be boiling when the pudding is put in and not allowed to stop. The suet makes the pudding quite light and rich. Eat with butter and syrup.

#### 403. Currant Suet Roll,

$1\frac{1}{2}$  pounds of flour.  
1 pound of chopped suet.  
1 pound of currants or raisins.  
1 pint of water.  
Salt.

Mix altogether. Make the dough into two long rolls, solid, tie up in cloths and boil two hours. The softer the dough can be to be, handled at all, the lighter the pudding will be.

#### 404. English Suet Pudding.

2 pounds of flour.  
 $\frac{3}{4}$  pound of chopped suet.  
1 pound of white sugar.  
1 pound of either raisins or currants.  
1 teaspoonful of salt.

Mix the above together dry, then add  
1 pint of milk.  
2 eggs.

A small teaspoonful of soda.

Stir all thoroughly together. Boil in pudding bags 4 hours.

More eggs in this pudding injures it. Can be made without any. Butter and sugar, cream sauce, or syrup, or any kind of pudding sauce suits.

#### 405. Boiled Cinnamon Pudding.

A considerable variation of the preceding pudding is made by adding to it 1 heaping teaspoonful of ground cinnamon—makes it of a pinkish color. Ground ginger may be used in the same way. Give all these puddings room to swell and become light when tying the pudding bag.

Not a half dozen degrees removed and we find

Jack Cade Duff's relatives moving in the highest society, and presently they will be found next of kin to old plum pudding himself.

#### 406. Boiled Spice Pudding.

##### WITH RUM SAUCE.

A brown suet pudding with molasses and spices.  
2 pounds of flour.  
 $\frac{3}{4}$  pound of chopped suet.  
1 pound of molasses.  
1 pound of raisins.  
1 teaspoonful of salt.  
1 ounce of mixed ground spices.  
1 small teaspoonful of soda.  
1 pint of milk.  
2 eggs.

Mingle the dry articles together first, then the fluids poured in the middle, stir up. Boil 4 hours or longer. Transparent sauce with rum, brandy or wine.

The next is a flaxen blonde, that will dispute for supremacy with the highest.

#### 407.

##### Boiled Lemon Pudding. English.

A lemon suet pudding, pale yellow, rich.  
1 pound of flour.  
1 pound of suet chopped fine.  
1 pound of white bread crumbs.  
 $\frac{1}{2}$  pound of white sugar.  
4 lemons.  
4 eggs.

2 pints of milk.  
1 teaspoonful of salt.  
1 level teaspoonful of soda.

Make the bread crumbs fine either by grating or cutting in thinnest slices and squares across. Mix all the dry articles together except soda and salt, which dissolve in the milk. Grate the lemon rinds in. Mix up with the milk and eggs. Squeeze in the lemon juice at last. Tie up in 2 pudding cloths, wetted and floured, and boil 3 hours. Hard sauce cream sauce, golden sauce or wine.

The missing link in this evolution of puddings from duff to English plum is Eve's pudding, which can be found easily some distance back, and thence back to the place of beginning at plum pudding corner.

Now if it were right and proper or even allowable to base an hypothesis upon pudding, we should say that the great mistake of Bulwer's life was in wishing that his countrymen were Frenchmen and in keeping them constantly reminded of his wish; and the great mistake of Dickens' life was in sneering at Americans for not being English. Dickens was forgiven because of his world-wide Anglo-Saxonism;



Bulwer retains his hold only by sheer strength; through the polish and exact fit of his work, not through love or indulgence. Dickens was English even to the chops and tomato sauce of Pickwick and all the little bread and cheese and kisses repasts of his people. Bulwer sneered at the national Yorkshire pudding, and blackberry pudding, and boiled veal, and he is not popular. Hotel keepers are mindful of the dread warning. When all nations and peoples shall have come to think alike and eat alike, then the dreams of the universal peace society will be realized and there will be an universal language. In the meantime English inn keepers go on providing roast beef with Yorkshire pudding; pease pudding; boiled apple dumplings and tea and toast; and American hotel keepers doing business for profit keep up the supply of ham and eggs, oyster soup, turkey with cranberry sauce, pumpkin pie and mince pie, and coffee and Parker House rolls. All easy enough, and no need of stroking the fur the wrong way.

#### 408. Yorkshire Pudding.

- $\frac{3}{4}$  pound of flour.
- 3 pints of milk.
- 2 ounces of butter, melted.
- 6 eggs. Salt.
- $\frac{1}{2}$  teaspoonful of baking powder.

Have the milk not too cold, else it sets the butter. Mix the flour with it by degrees, free from lumps. Add butter, salt, powder, the eggs well beaten and beat up all thoroughly. Butter a baking pan and make it warm in the oven. Pour in the batter less than an inch in depth. Bake 15 minutes, or till lightly browned. When the pudding is made with water instead of milk add a spoonful of golden syrup to cause it to brown quickly. If made without the butter it will puff up at the sides, but soon falls and becomes tough.

On the twentieth day of August, eighteen hundred and fifty-nine, in the height of the Pike's Peak gold excitement in this country, Yorkshire pudding was served for dinner in the palace of Prince Frederick William of Prussia. It is best to be chronologically particular in noting these historical events, and this we know was a fact, for we have the printed menu with the royal crown and the date upon it, just as we have another, showing that on the 6th day of July, 1868, His serene Highness, the Sultan of Turkey, entertained Prince Jerome Bonaparte, where was served:

Truffle omelet; *poissons frits*; (doesn't say what kind of fried fish, but doubtless from the Bosphorus.) *courges farcies*; (stuffed Jonah's gourds); *beurek*, (wasn't that nice?) *biftecks aux pommes*; (the potatoes were a la parisienne, of course); *haricots verts*;

(those ubiquitous snap beans!) *quephte*; (don't you wish you had some?) *gelee au marasquin*; *visnali*; *ekmek*. That caps the climax! Though it is not all the bill-of fare, only about two thirds

However, we were trying to say that while we know by the documents that Yorkshire pudding was served at the palace as stated, the other matter which we know quite as well, yet cannot demonstrate, is that the cooks there separated the eggs and made the pudding magnificent by beating the whites to a firm froth and stirring them in immediately before baking. This is the way the line reads:

"Roast beef a l'Anglaise—York-Pudding." And it is preserved in the "*cuisine classique*."

But it is not the Yorkshire pudding they long for so much. On these cruel cold days, when even the wild animals hedge up close to the cosy settlements and the birds find wondrous attractions about the kitchen door steps, you may see poor, hungry children flattening their noses against cook shop and restaurant windows, gazing, when the inside steam allows, upon the luscious puddings, and fain would fill their bellies with the crusts that stick to the sides of the pans and no man gives unto them. They are huddled in remnants of old shawls and cast off coats, twice too big, and dragging on the ground, their toes have a too close acquaintance with the snow and mire, and all doors are shut. It is not the Yorkshire pudding that they wish so much, a' swimming in rich gravy though it be, because that is connected with the thought of a piece of brown, fat roast beef, and their thoughts dare not mount so high; but the pudding beside it, the batter pudding with fat in the hollows and raisins snuggling close together by twos and threes in the rich dimples. Just this square or that, and no man gives unto them.

#### 409. Batter Pudding.

##### WITH RAISINS.

- $1\frac{1}{2}$  pounds of flour.
- 3 quarts of milk or water.
- 4 large basting-spoons of butter, melted.
- 2 large basting-spoons of golden syrup.
- 12 eggs. Salt.
- 1 teaspoonful of baking powder.
- 1 pound of seedless raisins.

Mix up as you would batter cakes, wetting the flour gradually to have no lumps; the milk tepid, the butter melted, the eggs well beaten and powder and syrup last. Pour into 2 buttered pans made warm an inch deep, and sprinkle the raisins all over. Bake about 20 minutes, or till light brown. Serve in squares with lemon syrup or any pudding sauce.

**410. Baked Batter Pudding.****WITH APPLES.**

The preceding, with 2 quarts of apples in quarters, instead of raisins. The easiest cooking apples may be dropped in raw, but others need to be baked in the pan with sugar and butter syrup first, and the batter poured over them and baked.

However good a plain pudding may look to hungry people, there are always others to exert themselves to make a better. The credit of the origination of the following is given to a duchess of Sunderland. As here changed from cup and spoon measure it is O. K.

**411. Sunderland Pudding.****BATTER PUDDING WITH RAISINS.**

- $\frac{1}{2}$  pound of seedless raisins.
- 1 pound of flour.
- 1 quart of milk.
- 8 eggs, or 10 yolks, and powder.
- 4 ounces of butter, melted.
- 2 ounces of golden syrup.
- Salt. Baking powder optional.

The pudding is made with the yolks of eggs. The whites are beaten to a firm froth and added last, or, if not so beaten, left out, and baking powder—1 teaspoonful—used instead. Make like the puddings preceding it.

**Birdsnest Pudding.**

For the inside take ten ounces of first quality white Chinese edible, glutinous birdsnests. They must be taken from the coast rocks on the day they are finished building, before they become soiled. Three ounces of the purple gelatinous moss from Sumatra. Twelve eggs of the golden turtle of Samarcand. Two wine glasses of the liqueur called Tears of the widow of Malabar. For the outside or casing cut thin shavings of the ripe fruit of the Ma'ayan bread-fruit tree; soak them a few hours in the clarified oil of fat puppy and—

What, don't want it? "Nay, then indeed I am unblest"—why not?

O, here is a regular Wilkie Collins of a plot. Some one has opened the book at the wrong page, and that was not it at all.

**412. Birdsnest Pudding.****WITH CREAM.**

No doubt derives its name from its appearance when baked in a small pudding dish and set on the table whole. The batter rises round the edges and the apples might be supposed to resemble eggs. In

hotel service it is but an empty name, and this receipt makes the pudding sufficiently soft and custard like to stand the waiting of a long dinner.

- 10 ounces of flour.
- 3 pints of milk.
- $\frac{1}{4}$  pound of butter, melted.
- $\frac{1}{4}$  pound of sugar.
- 6 eggs. Salt.
- Apples enough for two three quart pudding pans.
- A little more sugar and butter to bake them with.

Cinnamon or nutmeg.

Pare and core the apples, put them in the pans whole. Fill the core holes with sugar and butter; grate nutmeg; allow water enough to wet the pans, then bake with a thick sheet of paper over till done, basting with their syrup occasionally. Then mix the other ingredients to a smooth batter, beat it well; pour over the cooked apples; bake half an hour.

First rate cooking apples small enough to be served entire with the batter round them are most desirable. Cream or cream sauce, or wine or lemon sauce.

**413. Pouding a la St. Croix.****INDIVIDUAL.**

- 3 pounds of banana pulp.
- $\frac{1}{2}$  pound of sugar.
- 6 ounces of butter.
- 1 pint of cream.
- 12 eggs. Pinch of salt.
- $\frac{1}{4}$  pint of West India rum.
- $\frac{1}{2}$  teaspoonful of ground mace.
- 2 pineapples.

Peel the bananas and mash them to a pulp; weigh; put into a saucepan with the sugar and butter and stir over the fire till at boiling heat.

Take it off, add the cream and flavorings, then the yolks of the eggs and lastly the whites whipped to a firm froth. Bake in custard cups or tin gem pans of handsome shape, and well buttered, about 10 or 15 minutes. Slice the pineapples very thinly and make hot in a syrup of sugar and red wine. Serve the little puddings upside down on a slice or two of pineapple in a saucer and the syrup poured over.

**414. Baked Plantain Pudding.****WITH FRENCH CUSTARD SAUCE.**

- 3 pints or pounds of plantain pulp.
- 10 ounces of sugar.
- 6 ounces of butter.
- 1 pint of cream.
- 10 eggs.
- $\frac{1}{2}$  cupful of sherry.
- 1 lemon, juice and grated rind.



Plantains are not good for this purpose unless ripe. Peel and mash; stir over the fire with the butter and sugar till cooked semi-transparent; add all the ingredients, the eggs beaten separately, or at least very light. Bake in a buttered pan about half an hour.

#### 415. Cream Curd Pudding.

1 pound of dry rennet curd (product of about 4 quarts of milk).

$\frac{1}{2}$  pound of butter.

$\frac{3}{4}$  pound of sugar.

4 whole eggs.

6 yolks. Salt.

$\frac{1}{2}$  pound of raisins and currants mixed.

1 pint of milk.

$\frac{1}{4}$  pound of fine bread crumbs.

Flavoring of lemon, nutmeg or almond.

Rub the curd as taken from the cheese vat or draining cloth through a sieve or strainer by means of a masher. Add the other ingredients, the solids first, then the beaten eggs and cream, and flavorings. Bake in a buttered pudding pan about half an hour. Serve with custard or wine sauce.

#### 416.

"See, here is a whole eight-gallon can of milk gone sour."

"Pity. Those milkmen seldom take pains to thoroughly cool their milk before shutting it up in the cans."

"Well, can you make any use of it?"

"Yes, it will do very well for the preceding pudding, and is liked as well as anything else in its turn. Let it get a little better curdled, then bring it to about boiling heat; mind it don't burn at bottom; then strain through a large towel and hang the curd up in the towel to drip dry—about 12 hours. But take notice, this is not the best. It will be a curd pudding lemon flavored, but the sweet cream or milk curd made with rennet will make a pudding to resemble almonds."

#### 417.

Buy a dry rennet of the butcher. Place a piece of it in a bottle and fill up with water. When it has stood a few hours mix two or three spoonfuls of the liquor in a pan of milk. In two or three hours the milk will be curdled. Then scald and drain the curd. Good for puddings, pies, cheesecakes, etc.

#### 418.

##### Baked Cabinet Pudding. Meringue.

Made with slices of cake and citron in small slips; custard poured over and baked.

2 quart panful of slices of cake.

4 ounces of butter.

$\frac{1}{2}$  pound of citron cut fine.

2 quarts of milk.

6 eggs.

1 lemon, juice and grated rind.

$\frac{1}{2}$  cupful of brandy.

Meringue for the top.

Butter two pudding pans. Place in a layer of slices of cake. Then sprinkle in citron and bits of butter. Place another layer on that with citron and butter again and there should still be thin slices enough left to cover the citron with. Mix the custard of eggs and milk—no sugar needed—add brandy and lemon juice and rind, pour over the cake in the pans and bake about 20 minutes. When done meringue over in the way already detailed for meringue puddings. When dry slices of cake are used the lemon juice is still more needed to freshen the flavor. The brandy may be omitted without harm.

A cabinet pudding to be served whole can have the citron in patterns on mouldspread with butter. Wrap paper about the outsides to prevent too hard baking of the crust. Bake half an hour. Meringue after turning out and brown the top with a red hot shovel.

Life is full of such compensations as these. Forbidden to use bread any more in our puddings we must manage to get along with cake. But wait, before commencing on the laborious savory cake puddings there is something else.

What a world of Aunt Betsey Trotwoods there used to be eating arrowroot pudding for the sake of poor blacks that never existed, with a solicitude like hers for Copperfield's imaginary sister! It is plain it was an advertising scheme. The argument was: there are those poor blacks in the West Indies; you have caused them to be freed from bondage; there is nothing they can do for a living but make arrowroot; if they cannot sell their arrowroot they will die, therefore, to save their lives, you must eat arrowroot pudding. Then arrowroot found a good market and the great majority of all the gold spectacle people in the civilized world were eating all they could. The gold spectacle distinction has to be made because people below that rank could not very well afford it as the poor people who made arrowroot would have died if they had not sold it at a high price. Eating arrowroot pudding is not such a very unpleasant way of being benevolent, but, bless their kind hearts, there came a time when the gold spectacles could not possibly eat any more, and barrels of arrowroot lined with blue paper became uncomfortably numerous in the merchants' warehouses. Then they began mixing it with rice flour and starch and reducing the price, and there never being a very striking difference between starch and arrowroot the cheap article has at last very nearly banished arrowroot altogether, except from the drug stores. All the annexed receipts for starch puddings will do equally well for arrowroot, in case there are any people solicitous for the welfare of arrowroot manufacturers still left in this world.

### Boiled Corn Starch Pudding. Corn Starch Minute Pudding. Hasty Pudding.

2 quarts of milk.  
 $\frac{1}{2}$  pound of sugar.  
 $\frac{1}{2}$  pound of corn starch, good weight.  
 2 ounces of butter.  
 2 or 3 yolks of eggs.  
 $\frac{1}{2}$  teaspoonful of salt.  
 Vanilla or almond flavoring.

Boil the milk with the sugar in it. Mix the starch with a little milk cold; thin it with some hot milk out of the kettle; pour it quickly into the boiling milk and stir two minutes, or till it is well thickened. Have ready the two yolks beaten with a spoonful of milk, take off the kettle, beat the yolks in, the heat of the starch will cook them, then the butter and flavorings. Turn the pudding out of the kettle it was made in to a bright pan buttered slightly, and keep warm till wanted. Serve with lemon syrup sauce or with hot cream.

There are not many puddings as cheap and simple as that. Nothing else is so quick, and it is never slighted at table. "But why was it, the pudding so nice and rich and firm when first made afterwards turned to liquid in the pan and could not be dished up?"

It was kept too hot and cooked too much.

### 420. Boiled Farina Pudding.

2 quarts of milk.  
 $\frac{1}{2}$  pound of sugar.  
 7 ounces of farina.  
 4 ounces of butter.  
 3 yolks of eggs.  
 Salt and flavoring.

Nearly the same as corn starch pudding. Boil the milk and sugar and sprinkle in the farina dry, beating like making mush. Let cook slowly half an hour with the lid on, at the back of the range. Then add eggs and butter. Lemon, wine, vanilla, custard, or cream sauce.

"Such puddings as the two last come in just right for second puddings."

"What do you mean by second puddings?—they are just right for first."

"But to offset the rich pudding, just as rich as it can be, the other has to be plain and of a lighter kind, such as your apple custards and fruit souffles and plain rice puddings to suit people of simpler tastes."

"Not now. The fashion of having two hot puddings at once is abandoned in all the best hotels. Instead of matching your puddings, one rich and one plain, or one baked and one steamed, you now

match your one hot pudding with your cold creams and custards and floats and the pastries, and some of these are rich enough to require the pudding to be as simple as the corn starch, if all are to be pleased. And don't have a brandy sauce pudding at the same time with a cold tipsy custard—give the people who abhor liquor a chance."

421.

### Baked Corn Starch Pudding.

2 quarts of milk, scant.  
 $\frac{1}{2}$  pound, good weight, of corn starch.  
 4 ounces of sugar.  
 3 ounces of butter.  
 6 yolks of eggs.  
 $\frac{1}{2}$  teaspoonful of salt.  
 1 tablespoonful of vanilla extract.

Boil the milk with the sugar in it—which prevents burning at bottom. Mix up the starch with a little cold milk and then some hot, pour it quickly into the boiling milk in the kettle and almost immediately, or as soon as fairly mixed take it off the fire. Beat in the butter immediately to cool it; then the yolks beaten up with a spoonful of milk; flavor and bake about 20 minutes or till the eggs are fairly set. The art to be learned in all sorts of corn starch puddings is to cook the starch enough so that the rawness cannot be tasted, yet not enough to cause it to turn watery. Serve with Sultana sauce.

422.

### Corn Starch Meringue. New York Pudding. Oswego Pudding, Etc.

Anyone who has made the nonpareil or queen pudding will understand this in a moment when told it is the same thing done in corn starch. Make the pudding of corn starch as in the foregoing receipt. When barely set in the middle spread over the top—or drop portions with a spoon—of each marmalade or preserves. Make that hot on top and spread meringue of 8 whites whipped firm and 6 ounces of sugar over it. Bake again about 5 minutes with the oven door open. Cream sauce.

The writer has seen more partial failures, probably, with this class of puddings than with any others, and asks to be excused for dwelling upon trifling details for that reason. They are excellent when excellently made. The marmalade on top must be made cooking hot before the meringue touches it if you would avoid having an undesirable albuminous syrup overflowing the pudding, and the meringue must be only dry-baked.

There are people who like chocolate in any form three times a day, yet the liking is far from general. The following pudding is probably as good as can be made of its class. It should only be brought on along with some other commoner sort for alternative.



**Corn Starch Chocolate Pudding.****423.**

- 2 quarts of milk.
- 3 ounces of grated chocolate.
- $\frac{3}{4}$  pound of sugar.
- 5 ounces of corn starch.
- 1 ounce of butter.
- 6 or 7 eggs. Pinch of salt.
- 1 tablespoonful of vanilla extract.

Boil the milk with both the sugar and chocolate in it. Beat frequently till the chocolate is all dissolved. Mix the starch as usual and stir it in, then immediately remove from the fire. Beat in the butter, eggs and vanilla, and bake about 20 minutes; or till just set in the middle. Serve warm with butter sauce or golden sauce, or cold with sweetened cream.

The foregoing makes a very fine appearing pudding when meringued over like the one preceeding it.

**424. Scotch Barley Pudding.**

- 1 pound of pearl or Scotch barley.
- 2 quarts of water.
- 6 ounces of butter.
- 8 ounces of sugar.
- 5 eggs. Salt.
- $1\frac{1}{2}$  pints of milk to mix with.
- $\frac{1}{2}$  a nutmeg grated.

Wash the barley in several waters to free it from the meal. Boil it in the 2 quarts of water at the back of the range about 3 hours, with a tight lid on. Mix the other ingredients in and bake about half an hour. Currants and raisins can be added if desired. Two full quarts of barley ready cooked, if dry, answers the same.

The reason for inserting the preceeding good pudding there in haste was the ever present fear of stepping into an American pie if we did not shut off corn starch immediately.

Strange, but true, almost every pudding we touch and begin to polish up whisks us up and carries us over the water as quick as the genii did those who rubbed Aladdin's lamp. That puddings do not often belong here is due to the fact that while Uncle Sam's children love not pudding less they love pie more, and are very apt to call all things of native origination pie that would elsewhere be called pudding. This has been more than once before observed in these columns, and here is an example. There were the soldiers in the late great war, many of them from homes of plenty and luxury, little relishing the rough fare of the army commissariat, and some genius among them struck a culinary idea and invented "Lincoln pie." Wherefore Pie? It was a hard tack pudding in reality, but was made pie in obedience to a national instinct, and as Lincoln pie

it had for a time an immense run of popularity far outside of the army, being sold in all the bakeries. The original was composed of hard-tack, bacon fat, molasses and dried apples, with a tough flour crust, but fat times and fat camps were occasionally encountered and then Lincoln pie blossomed out to this.

**425.****Lincoln Pie. Camp Little All-Right.**

- 1 pound of broken crackers or bread.
- 1 pound of brown sugar or molasses.
- $\frac{1}{2}$  pound of currants.
- $\frac{1}{2}$  pound of raisins.
- 1 ounce of mixed ground spices, chiefly cinnamon.

- 1 pint of cold water.
- $\frac{1}{2}$  pint of hard cider, or vinegar and water.
- 1 pound of suet chopped fine, or lard.

Some whisky and four eggs, if you are rich enough. Little salt.

Soak the crackers or bread in the fluids awhile. Mix everything together. Cover the bottom of a baking pan with a very thin sheet of common short paste. Pour in the mixture to be  $1\frac{1}{2}$  inches deep. Cover with another very thin sheet of paste. Brush over with milk. Bake to a light color in a slow oven about three quarters of an hour. Cut out squares either hot or cold.

**426.****Plain Short Paste.**

- 2 pounds of flour.
- $\frac{1}{2}$  pound of good lard, butter, drippings, or grated suet.
- 1 teaspoonful of salt.
- 1 pint of water.

A handful of flour more to roll out with.

Rub the lard into the flour dry, till thoroughly mixed. Put in the salt and all the water, work it up to a smooth paste, roll it out once like pie paste, fold it over and it is ready for use.

The water should always be poured into a hollow in the flour when making any kind of paste, and the flour drawn in rapidly but gradually while stirring with the fingers, otherwise the paste may be rough and lumpy and much working to correct the mistake will make it hard.

**427. Boiled Apple Dumplings.**

Make the plain short paste preceding. Pare and core good cooking apples; cut them in halves. Roll the paste to a sheet a quarter of an inch thick, put the apple under the edge, gather paste around and pinch it off underneath, and so on, till all the sheet is used up. See that there are no holes or thin places to let in the water. Drop the dumplings into broad saucepans of boiling water, shut down the lids; let them cook about half an hour, or till the apples leave the fork when tried. Short paste cannot be

made any richer for these without breaking in the water.

#### 428. Dumplings Cooked in Sauce.

Make the dumplings like the last variety, but use the roll-pudding paste made with baking-powder as directed in the early part of this book, adding an egg to the mixing water for further precaution against breaking in boiling. Then boil the dumplings in their own sauce in the oven. This is effected by half filling two bright and clean baking pans with milk and water. When boiling drop in the dumplings and cook about half an hour with buttered paper over the top to prevent browning, and baste occasionally with the liquor, which will glaze them. Then put  $\frac{1}{2}$  pound of sugar and  $\frac{1}{4}$  of butter in each pan, and strain the sauce thus made after the dumplings have been removed to another pan. Peach dumplings are better this way than any other.

#### 429. Raspberry Pudding.

The directions for making this will answer for every kind of fruit that can be used for puddings.

Make the plain short paste as previously directed—if with suet it should be chopped with flour mixed in till it is as fine as powder. Line some deep earthenware bowls of any size from a pint to two quarts with the paste rolled out to a thin sheet. Then fill quite full and rounded up with fresh-picked raspberries. Wet the edges of the paste; roll out a round sheet of paste and lay it on top; cut off the surplus by rolling the edge with the rolling-pin, thereby closing it at same time. Wet and flour a pudding cloth, lay the middle on top of the pudding, gather the corners around the bottom of the bowl and tie safely. Drop the pudding upside down into plenty of boiling water and keep boiling from one to two hours, according to size and kind. When done dip the pudding a moment in cold water, take off the cloth; cut a round hole in the top, put in a sufficiency of sugar and serve in the bowl set on a plate. No sauce needed. Several pleasant combinations of sweet and sour kinds of fruit can be made and used in this way; sometimes with a suitable sauce.

#### 430. Steamed Cherry Pudding.

- 1 quart of pitted cherries.
- 8 heaping cups of flour.
- 1 teaspoonful of baking powder.
- 2 cupfuls of water.

Mix the powder in the flour dry, make a hollow in the middle, throw in a little salt, pour in the water and mix up as soft as it can be handled. Work the dough on the table slightly by pressing it flat with the hands and doubling over. Lay a bottom crust of it in a tin pudding pan that holds 4 quarts; spread half the pitted cherries on it, lay an-

other crust on them; then the remainder of the cherries and a third sheet of dough on top. Set in a steamer and steam from 30 to 45 minutes and serve while hot and light, with sauce.

All kinds of fruits can be used to make the above kind of steamed pudding, which has no shortening, but plenty of powder, and has the fruit in layers like apple roll.

#### 430 a. Fine Hominy Pudding.

2 large cupfuls of cooked fine hominy—hominy grits or samp.

- Butter size of an egg— $1\frac{1}{2}$  ounces.
- 2 tablespoonfuls of sugar—2 ounces.
- 2 yolks or 1 egg.
- 1 small cupful of milk.

The hominy grits already cooked, should be dry and firm, otherwise use less milk or none. Mix all the ingredients together, the butter softened first, and bake in a buttered pudding pan about fifteen minutes. It takes a quart pan to bake it in. Use yolks of eggs if a rich pudding is wanted. Serve with a sauce. If no hominy ready put on a large half cupful in full cup of water, and when it has boiled nearly dry add a small cup of milk and pinch of salt; never stir it, but let cook with a lid on one half hour longer, at the back of the range.

#### Boiled White Corn Meal Pudding.

- 1 pound of white corn meal (scant quart).
- 1 quart milk.
- 4 ounces of sugar.
- 6 ounces of chopped suet.
- A little salt.
- 3 eggs.
- 1 lemon, juice and grated rind.
- 2 teaspoonfuls of extract ginger.

Boil the milk with the sugar in it; sprinkle in the meal and stir it over the fire five minutes.

Then take it off, mix in the suet, salt, eggs beaten and ginger. Wet and flour a pudding bag; place it in a bowl; pour in the pudding; tie loose enough for it to swell to nearly double its bulk; drop in plenty of boiling water and keep it boiling 5 hours. When to be taken up, dip it a moment in cold water and it will come out of the cloth smooth. Serve with butter and sugar hard sauce.

#### 430 c. Granula Pudding.

Granula is claimed to be a healthful dietetic of the same order as graham flour. It is apparently parched wheat ground like corn meal, coarsely. It makes a pudding resembling Indian meal pudding. Make it precisely as directed for farina, either boiled or baked. See Nos. 377 and 420. Use 4 cups of milk or water to 1 cup of granula.



Had it not seemed perfectly useless to ask so simple a creature as that I should certainly have tried to learn some more various uses of the magnificent chestnuts which we picked up in passing through the grand old manor grounds, but the fear of having her shortly answer, "Why roast them in the bars and eat them," deterred me. If there were no larger and better chestnuts than these sold so plentifully and cheaply on the streets there would not be much inducement even for the famous monkey and catspaw business being followed, of placing chestnuts between the bars of open fire places till they burst and fly out, but the Spanish and British chestnuts are of a larger growth. Good old Horace Greeley, or at least the paper under his direction, at one time became very earnest in recommending the extensive planting of chestnut trees in the west. It concerns us here only to hope that the result may be after a while plenty of chestnuts of the large variety, wherewith to compound the European chestnut puddings.

For hotel cooks who have little time to peel and scrape the small chestnuts in quantities, the following two pudding receipts will probably be found sufficient, at least till we come to frozen puddings among the ices.

There is a meal-colored, dumpy little elf, down stairs, chuckling audibly and saying there is a good deal more in dumplings than a little Short Paste knows. The language is that of Marguerite, but the accent is either that of Hans or Gretchen. The German elves are generally meal-colored. Queer old German stories there are of some of them going in a rolic to some tyrannical baron's granaries in the mysterious small hours of night, grinding all the wheat in a few minutes in the baron's own mill and carrying the bags of meal with many a laugh to all the widows' and orphans' homes without so much as marking them C. O. D. The noisiest of those below is only "Davy Dompling, boiling in the pot," but it appears from the talk that dumpling is a German word, and is not much different in Swedish, Norwegian and Danish.

There must be something in dumpling worth going to Rhineland to see about, but this chestnut pudding has to be made and steamed and baked first

The English and French receipts always prescribe certain numbers of chestnuts, as two or three dozen. It takes from 150 to 200 of the plentiful American chestnuts to weigh a pound, hence the uselessness of such receipts.

#### 431. Steamed Chestnut Pudding.

- 1 pound of chestnut pulp.
- $\frac{1}{2}$  pint of cream.
- $\frac{1}{2}$  pound of fresh butter.

- $\frac{1}{4}$  pound of sugar.
- 8 yolks of eggs.
- 6 whites of eggs.
- Pinch of salt.
- Vanilla or almond flavoring.

Boil  $1\frac{1}{2}$  pounds of chestnuts in water one hour. Peel them, scrape off the furry outside; and mash the kernels through a sieve, moistening with hot cream. Mix all the other ingredients with this puree except the whites of eggs; the yolks having been well beaten before stirring in.

Whip the whites firm, and lightly mix them in without beating. Steam in buttered moulds about one hour. Serve as soon as done, with diluted fruit jelly made hot for sauce, or else with French wine custard.

#### 432. Chestnut Pudding Souffle.

Make the preceding pudding with only six of the yolks and no whites. Stir it over the fire till it thickens. Take it off and add four raw yolks and when nearly cold all the whites beaten firm, and  $\frac{1}{4}$  pint of brandy. Bake in a two-quart mould about half an hour. Dredge vanilla flavored sugar over the top in the oven, and send it straight from oven to table. Powdered vanilla bean will flavor the sugar.

Very often in the dinner bills of European plan hotels there appears in pudding's place "Savarin Cake." Persons unaware of all our singular ways would be apt to think there was no pudding. In hotels where the cake is set on the table in baskets Savarin cake as pudding is pretty sure to get lost in the confusion. In United States parlance Savarin cake is Savarin pudding as follows:

Savarin pudding is a hot cake, yeast raised but like sponge cake, with a liquor poured into it, and may be served with sweetened cream. My meal-colored elf downstairs, the muscular one who sits on the dough trough lid to keep the dough from raising it, says it takes German bakers and cooks to know how to make fine yeast-raised cakes, that American cooks and bakers are content to get along with pound and sponge cakes for every occasion.

In a proposed book of breads yet to come we will have a course of yeast raised cakes beginning with the simplest and including Savarin. However, the common and satisfactory way is to use a good hot sponge or savoy cake for this pudding. Here are both ways.

#### 433. Savarin Cake.

- 1 pound of good lively roll dough.
- $1\frac{1}{4}$  pounds of freshest butter.
- 6 ounces of sugar.
- 14 eggs.
- 1 pound of flour,
- $\frac{1}{2}$  teacupful of brandy.

$\frac{1}{2}$  pound of almonds.

Lemon or nutmeg extract.

This must be commenced five or six hours before the meal. For a midday dinner, take the roll dough, (or dough bought of a baker), at seven in the morning, put it in a pan with the sugar and butter and set in a warm corner to get all warmed through. In half an hour, beat them together, then begin adding the eggs two at a time and the flour a handful at a time. Beat like blitzen. It makes a soft batter like pound cake. Beat it some more against the side of the pan. Set it in a moderately warm place for about two hours, when it should be risen to about twice its original bulk, then beat again for five minutes; add the brandy and flavoring extract. Blanch and shred the almonds. Strew them evenly over the insides of two buttered cake moulds; put in the batter with a spoon; set to rise in the moulds again about  $1\frac{1}{2}$  hours, then bake in a slow oven about 1 hour, or according to size and depth of cakes. When nicely baked these cakes are of a rich orange color and quite spongy. Set them on the dish upside down; push a small funnel down in several places and by its means pour into the cake some hot orange syrup mixed with curacao. Serve warm.

#### 434. Savarin Pudding.

A large *bisquit de savoie* partly saturated with a fine *liqueur* and served hot with cream.

Prepare one or two cake moulds by brushing over with the clear part of melted butter. When cold and set, or nearly so, sift in some powdered sugar to coat the moulds, and turn out the surplus. Then make the cake.

14 ounces of granulated sugar.

12 eggs.

12 ounces of flour—good weight.

1 teaspoonful of vanilla extract.

$\frac{1}{2}$  pint of brandy.

Have the ingredients all quite cold. Beat the sugar and eggs in a round bottomed kettle, with a large wire egg-whisk, half an hour by the clock. Then "cut in," or lightly stir in the flour with a spoon, then the extract and brandy. When all the flour is out of sight stop stirring and bake the cakes as soon as you can. Sift granulated sugar on top before baking. Have a moderate oven and not the least dark color about the cakes. They bake easily in about half an hour.

When done pour into them through holes made with a knife point or funnel about a pint of nice lemon or orange syrup with half as much curacao or maraschino mixed in. Serve with either hot cream sweetened or a plain custard in the saucers.

In about forty-nine out of every fifty places where these puddings are made they have to be baked in ranges or stoves, and take their chance for their turn with meats, fishes, pies, potatoes, pars-

nips, etc., etc., so that special attentions and graduated fires are out of the question. With the utmost respect for the fiftieth, the writer avows a greater desire to be of service to the forty-nine, and for an easier way recommends the annexed.

#### 435. Topsy Pudding With Cream.

This is first cousin to the two preceding, and is popular, but is quite elastic in the way of details, that is it can be made and sauced in different ways, not worth considering separate puddings. Make the sponge cake mixture preceding or else the quicker and easier butter sponge cake soon to follow, and bake on jelly cake pans which take scarcely five minutes baking. Lay two or three of these flat sheets piled up in a bright pan and pour over a hot sauce of either cream with sugar and wine, or else a custard with maraschino or brandy. Or, you can partly saturate the sheets of cake, which should be quite light colored, with spoonfuls of brandy and have the custard plain.

We have the next when we want to gild refined gold, for extra times, when all else seems stale, flat and unprofitable.

is not very tedious to make and there is no difficulty except in getting enough of it.

#### 436.

##### Baked Sponge Roll With Sauce.

Make the sponge cake mixture according to the directions under the head of Savarin pudding. Rather use less sugar than more. Too much sugar is one frequent cause of poor sponge cake. Grease and flour some baking sheets or shallow roll pans. Spread the batter over them as thin as can be, just to cover the iron. Bake in a brisk oven about five minutes, run a knife down the sides to loosen the cake. Turn it upside down on a clean table and shake the cake loose.

Immediately spread red current jelly thinly all over and roll the cake up neatly. Serve warm, cut in suitable pieces, with a rich transparent sauce containing lemon juice and flavored poured over.

It is too much trouble and wastes time to bake these sponge sheets on sheets of paper. Very little practice is needed to use the bare pan with greater advantage. Sometimes it helps a bad bake to roll up a brittle sheet after the roll is made, in a sheet of paper to improve its shape.

No one expected to find the above in a book of puddings, but Ruskin says that cookery means the knowledge of all fruits and herbs and balms and



spices, and of all that is healing and sweet in fields and groves.

We ought not to forget this white cocoanut soufflé. It is good to use up white of eggs, and good for other purposes.

#### 437. Cocoanut Pudding Soufflé.

1 quart of milk.  
6 ounces of sugar.  
3 ounces of corn starch.  
1 ounce of butter.  
 $\frac{1}{2}$  pound of grated or desiccated cocoanut.  
12 whites of eggs, (10 or 12 ounces).  
Rose and lemon flavoring.  
Set the milk on to boil.

Mix the starch and sugar together dry; drop them at once into the boiling milk; stir up rapidly. As soon as it becomes thick beat in the butter then the cocoanut, take it off the fire and let it cool, but not set firm. Then beat the whites to a firm froth. Beat up the pudding mixture, stir in the whites add flavoring and bake about ten minutes in the usual manner, either in cups, shells, cases or in one round mould. Powdered sugar on top.

This is a case of conscience. A little way back tipsy pudding was placed close after Savarin pudding and called its first cousin, and now there is a fear that good old Brillat-Savarin may be dishonored by its being called his, as if it were all the same and as if he had been a tipsy man. Don't. Names are cheap; use some other. Brillat Savarin was well-disposed towards cooks, as was also Lever, the elder Dumas and Thackeray, each after his own manner. You, reader, would make the tipsy pudding so excellently that the great advocate of gastronomy would but smile indulgently, but suppose that down there where bad hotels exist some poor fellow following your example of license should make it inferentially appear that Savarin was fond of sheets of cake saturated with horrible corn-juice whisky, and a turpentinish flavor of rancid lemon oil put up in a village drug store. Don't mix names; or if you must, take a slice of fine white bread and pour pure milk over it, and call that Savarin pudding. He would agree with us; bread and milk pure and simple is glorious in comparison.

One of Savarin's ideal dinners, a Barmacide feast which he spreads on paper, and which is to "rive, every guest's attention," at which "the faces of all; one after another, are seen to beam with an ecstasy of enjoyment, the perfect repose of bliss," finishes with a pyramid of vanilla and rose meringue cake—a test sometimes useless, unless in the case of ladies, abbess, etc."

What then, amongst the various article to which such a description might apply was this pyramid of vanilla and rose meringue-cake appearing at the

end of dinner, if not something like these next described?

A peculiarity about the meringue puddings next following (or call them meringue cakes as Savarin did, if you like), is that it takes a good pastry cook to make them successfully; but then they have the advantage of not being too common. They are not such as one would want to make every day; yet they are rich, elegant, ornamental and can be served either cold or hot, whole on the table or in individual portions. They consist of three distinct parts; the cake bottom the cream layer in the middle and the ornamental meringue on top; yet the first specimen being well made the half dozen others, all different, can be put through by the same methods, and the first trouble is not lost.

#### 438. Lemon Cream Meringue.

##### Magnolia Meringue

For the first part or bottom layer make this most useful cake mixture, called butter sponge cake.

1 pound of granulated sugar.  
10 eggs.  
 $\frac{1}{2}$  pound of butter melted.  
 $\frac{1}{2}$  pint of milk, slightly warmed.;  
 $1\frac{1}{2}$  pounds of flour.  
2 teaspoonfuls of baking powder.  
Vanilla or lemon flavor.

Beat the sugar and eggs together about five minutes. Add the melted butter, the milk, the extract of vanilla, and beat all one minute more. Then beat in the baking powder, and into the light foamy batter thus made immediately stir the flour.

This can be used for jelly cakes, cream cakes, and many other purposes.

Butter and flour the bottoms of two bright pudding-pans—four quart milk pans are good—and spread the cake batter over thinly, like jelly cakes. Bake very light colored. Let the batter be well up to the edges so as to have the sheets level, not bulged up in the middle. Then make the lemon cream.

3 pints of water—scant.  
 $\frac{3}{4}$  pound of sugar.  
4 lemons.  
3 ounces of corn starch.  
1 ounce of butter.  
10 yolks of eggs.

Boil the water with the butter in it. Mix the starch, sugar and grated lemon rinds all together dry, then stir rapidly into the boiling water. Take the mixture from the fire; add to it the juice of three of the lemons, (if large), and then the beaten yolks.

Pour this mixture on top of the sheets of cake in the pans, without loosening them, and bake in a slow oven about 15 minutes on the shelf of the oven, or with a pan under to prevent the bottoms baking too much.

The preceding is almost lemon pie mixture, but is firm enough to cut square sided like cake.

When the lemon cream is fairly set spread a thick layer of meringue on it while still hot and finish baking with the oven door open; time about ten minutes. Serve cut in tall but narrow diamonds or squares in plates or saucers with whipped cream around. Ten to fourteen whites and about as many ounces of sugar are required for the meringue.

#### 439. Almond Cream Meringue.

##### Princess Meringue.

Make and bake the cake sheets in the pans, same as for the lemon cream meringue preceding, then make the almond as follows:

- 3 pints of milk.
- 4 ounces of sugar.
- 3 ounces of corn starch.
- $\frac{1}{2}$  pound of almonds.
- 1 ounce of butter.
- 8 whites of eggs.
- Flavoring of rose.
- Pinch of salt.

Scald the almonds, peel, mince and then pound them to a rough paste. Boil the milk, mix the starch and sugar together dry, stir rapidly into the milk, take off, and add the other ingredients, the whites not beaten, except in the mixture, and the almonds and rose extract last.

Bake this white cream on the cakes as before. Make the meringue a rose-pink color, flavor with vanilla and rose, and sift granulated sugar on top before baking. Serve with a port wine and lemon sauce.

#### 440. Chocolate Cream Meringue.

##### Gipsy Meringue.

The same in the main as the two preceding with a chocolate cream for the middle.

- 3 pints of milk.
- 4 ounces of sugar.
- 3 ounces of grated chocolate.
- 3 ounces of corn starch.
- 8 yolks of eggs.
- Vanilla flavoring. Little salt.

Make same way as almond cream, boiling the grated chocolate in the milk. Make the meringue white and very light baked; flavor it with almond and sift crimson sugar sand on top after baking.

The object of baking the sheets of cake in the pans in which the meringue is made is to have them adhere to the bottom sufficiently to prevent their rising and floating in the cream mixture when poured in as otherwise they will do. Jelly cake sheets used this way have to be held to the bottom by means of a little beaten egg, baked by passing the pan a moment over the fire.

#### 441. Pineapple Cream Meringue.

##### Eclipse Meringue.

- 1 quart of grated or minced pineapple,
- 1 small cupful of port wine.
- $\frac{1}{2}$  pound of sugar.
- 2 ounces of corn starch.
- 4 ounces of butter.
- 1 lemon rind grated.
- 8 yolks of eggs.
- $\frac{1}{2}$  pound of shred pistachio nuts.

Stew the minced pineapple and wine and half the sugar together, till somewhat reduced and like fruit butter. Mix the starch and the rest of the sugar together, stir them and the butter into the pineapple, add flavoring and yolks of eggs. Bake this cream on bottom sheets of white cake. Meringue over as usual. Sift sugar on top before baking and strew over the shred pistachio nuts. Dry bake to a fawn color with the oven door open.

When these meringue puddings are to be set on the table whole, to be eaten cold the method has to be varied a little, by baking on jelly-cake pans with a stout paper hoop pinned or pasted around. But-ter the paper well, make the meringue in it instead of in a pan, then remove it carefully when the meringue is placed on its stand, being slipped from the jelly cake flat by means of a palette knife. In these cases the meringue can be placed in pyramidal form through a large tube or cornet forming dome shapes on top, etc, etc Here is one more for variety:

#### 442. Orange Cream Meringue.

##### Natchez Meringue.

To ornament the top of this, candied and sugared orange peel should be prepared, or green citron, or preserved water melon rind. The orange peel first cut into the smallest possible squares is stewed in plenty of water to extract the bitter taste, then stewed in white syrup, then partly dried and rolled in granulated sugar to separate the pieces. Strew this candied peel over the top of meringue after it has become firm without removing it from the oven.

##### The orange cream.

- 3 oranges.
- 1 lemon.
- $\frac{1}{2}$  pound of sugar.
- 2 $\frac{1}{2}$  pints of water (5 cups).
- 3 ounces of corn starch.
- 1 ounce of butter.
- 10 yolks of eggs.

Grate the rinds and squeeze the juice of oranges and lemon into the water, then bring it to a boil, add the starch and sugar and finish as directed for other kinds.



My meal-colored elf, who still is sitting on the dough-trough as before, and converses so well, in a rich Hartz Mountain dialect, would be a delightful companion to wile away a witching midnight hour or two if he were not such an idol breaker. Native of Santa Claus land as he is it would be glorious to sit in the still night, when stars are in the quiet skies and the cricket chirrups on the hearth, and hear him tell the weird wild stories of the Black Forest, or the strange but mellowed legends, half told half hinted in the Pilgrims of the Rhine. But his realism is chilling in the extreme and he has no feeling of compunction:

"Mephistopheles?"

"No, not numerous. Never but one man really saw Mephistopheles, that was Gurthe."

Then I suppose Gurthe is Goethe, and wonder where Sir Walter Scott found the name Gurth for his Saxon swineherd. But, says he, there was no Gurth, no Wamba, no Ivanhoe, and Friar Tuck never had a venison pasty!

"But the Hartz Mountains—are they not full of the supernatural?"

"Nein. They are full of charcoal-burners, glass-blowers, miners, and people who make childrens' toys."

"No headless horesmen who ride past you at night! No white lady of the what's its name mountain pass? No demons that come and tempt wood-choppers to do something? No haunted hotels in the Black Forest? No safes, no annunciators, no elevators?"

"Nein."

"No phantom herds of deer that vanish into the ground just as the guests on a hunt are about to come up with them? No Metheglin? No werewolves, no vampires, no *dampfnudeln*?"

"O, yes, there are German dumplings."

"Real and sure?"

"O, Yes; they are real enough."

"'Tis well for the hungry boy who shouts with his sister at play; and well for the sailor lad who sings in his boat on the bay; that this much is solid in Fatherland, and cannot be reasoned away"

#### 443. German Puff Dumplings.

Very fine, cheap and wholesome. They are usually boiled but can be raised and cooked in steamers, previously brushed over with butter as well.

2 pounds of good light bread dough.

4 ounces of sugar.

1 egg and 2 yolks, or 2 eggs.

2 ounces of butter.

1 pound of flour.

If for midday dinner take the dough at seven in the morning, mix the sugar butter and eggs with it as well as can be, then set the pan in a warm place awhile, after which it can be beaten smooth. Work

in the flour to make it a stiff dough again and set it away to rise. At 11 o'clock work the dough by folding and pressing out with the knuckles roll it out to a sheet, brush over slightly with lard or butter, cut out like biscuits, let rise about half an hour on greased pans, drop into boiling water and cook about 15 minutes. Butter and sugar or any kind of pudding sauce, or stewed fruit.

The plain dough, or that of French rolls is often cooked as dumplings to be eaten with meat. The receipt preceding may be made richer by adding yolks of eggs and more butter (but no more sugar) to any desired degree.

#### 444.

Not as a matter of opinion as to what might or ought to be the case but as a matter of fact it has to be observed again that the plain dumplings yeast-raised are but seldom made in ordinary hotels, the two or three manipulations required and the early planning being against them. In ten minutes a similar article can be made with soda and butter-milk or acid, or with baking powder, that answers every purpose. It is something of an art to make these so that they will remain light when done, yet it is a very simple one, the essential being only to have the dough very soft, made and dropped with a spoon like fritters.

#### 445. Egg, or Drop Dumplings.

1 pound or quart of flour.

2 teaspoonfuls of baking powder.

3 yolks of eggs.

Two thirds pint of water (largest coffee cup.)

Little salt.

Mix flour and powder together dry; drop the yolks in the middle, pour the water to them and beat up the batter with a spoon. Have ready a saucepan of water boiling; dip the spoon occasionally in melted fat; form egg-shaped dumplings with it and drop them in. Cook with the lid on about ten minutes. If there is room they will turn themselves over like fritters. Can also be steamed as well.

#### 446. Egg Dumplings with Fruit.

The yellow dumplings of the foregoing receipt, drained on a skimmer, may be served in a saucer with fruit and hot cream and sugar.

#### 447. Blackberry Drop Dumplings.

Flour the hands, take and shape spoonfuls of the soft dough—either of the egg dumplings or made with one whole egg, or none—into biscuit shapes; put a spoonful of ripe berries in the middle, close up and drop the dumplings into a pan of boiling milk and water and cook inside the oven about twenty minutes. Baste with the milk and water twice to glaze. Serve with sauce. Halves of peaches can be used in the same way.

A little dexterity, acquired by practice in handling the soft dough is usually rewarded with light snow flake affairs that do not turn heavy with waiting.

#### 448. Filling for Sweet Timbale.

##### Baked Macaroni Pudding.

- $\frac{3}{4}$  pound of macaroni.
- 3 pints of milk to stew in.
- $\frac{1}{2}$  pound of sugar.
- $\frac{1}{2}$  pound of butter.
- 1 pint of cream to mix up with
- 10 yolks, or 5 whole eggs.
- Salt; vanilla.

Boil the milk with the sugar and butter in it and a pinch of salt. Put in the macaroni broken in inch lengths. Simmer with the lid on about half an hour. Beat the yolks and cream together, add flavoring, mix with the macaroni by shaking, without a spoon. Bake in a buttered pan about half an hour, or till set. Stew raisins in wine sauce to serve with it.

#### 449.

##### Macaroni Cake with Fruit Jelly.

- $\frac{3}{4}$  pound of macaroni.
- 1 quart of milk.
- 3 ounces of sugar.
- 2 ounces of butter.
- 3 eggs.
- Salt, vanilla or nutmeg.

Keep out a cup of milk to beat up with the eggs. Make same as macaroni pudding preceding. Bake in a pan, to be about an inch deep when done. Cut in strips, squares, or diamonds and serve with red fruit jelly.

#### 450. Baked Vermicelli Pudding.

The quality of vermicelli varies so much that no rule will serve for all the sorts. Vermicelli ought to be parboiled and drained before being used for this purpose. Some, however, will dissolve to a paste as soon as hot water touches it.

The same ingredients and proportions named for macaroni pudding serve for vermicelli.

Boil a small piece of stick cinnamon in the milk in lieu of other flavoring. Break the vermicelli rather small before cooking. Do not stir it except by shaking up with a fork. Always drop both vermicelli and macaroni into milk or water that is boiling already.

Italian paste puddings, like everything else may have their day, but other pieces can be put upon the boards which will have a much more extensive run, especially when presented in a spirited manner, like the following with brandy or wine sauce.

#### 451. Baked Sponge Pudding.

This is simply hot cake with sauce, and may be the regular sponge cake mixture, but the following is easier, cheaper, and answers equally as well.

- 1 pound of sugar.
- 10 eggs.
- $\frac{1}{2}$  pound of butter melted
- $\frac{1}{2}$  pint of tepid milk.
- $1\frac{1}{2}$  pounds of flour.
- 2 teaspoonfuls of baking powder.

Beat the sugar and eggs in a kettle as if making sponge cake, but two or three minutes will do. Then add the other ingredients, the powder just before the flour; beat up well, bake in shallow baking pans greased and floured, with granulated sugar sifted over the top before putting in the oven. The cake rises considerably and should be only half an inch deep when put in the pans. It should be baked of a very light color, and have a handsome glazed appearance. Cut out in squares. Plenty of sauce is required. A suitable article to make on short notice, and may be varied by having raisins, etc., mixed in.

The next is cottage pudding. It is supposed that in pastoral days it was called love-in-a-cottage pudding, because a very fashionable belle said she saw a love of a pudding in the cottage where she stayed till the shower was over. But as love in a cottage went out of fashion, and it came to be love in a grand hotel with a suite of rooms and all the modern conveniences the poor pudding lost half its title and remains as follows:

#### 452.

##### Cottage Pudding with Raspberry Vinegar.

A flour compound midway between cake and batter pudding.

- $\frac{1}{2}$  pound of sugar.
- $\frac{1}{2}$  pound of butter.
- 6 eggs.
- 1 pint of milk.
- $1\frac{1}{2}$  pounds of flour.
- 3 teaspoonfuls of baking powder.
- Level teaspoonful of salt.

Make up like pound cake, by creaming the sugar and butter together, adding the eggs two at a time, the milk and then the flour with powder and salt. Bake either in cake moulds and slice like pound pudding, or else in a baking pan, shallow, to be cut in squares. Takes from twenty to forty minutes. Lemon syrup sauce is a good substitute for raspberry vinegar.

Raspberry vinegar is a favorite sauce with the English for all sorts of flour and egg puddings and pancakes. Directions for making it will be found at the end of this book.



From this time forth stern duty requires us to stay at home and deal only in American productions. In this little private exposition as many foreign countries have been represented as small expositions generally can boast of. The space allotted Great Britain was necessarily the largest, but France was not far behind, albeit very few French flags were set to mark the nationality of the goods. One country is entirely unrepresented, that is Central Africa; yet it is not the fault of the culinary commissioners, but of the country itself. A careful examination of the books of Stanley's explorations ends fruitlessly. It appears plainly that the interior of Africa, or the African's interior—and if there is any difference in the terms whichever is right will do—is altogether unacquainted with pudding.

453.

There is one nice pudding material which might, perhaps have been placed in the rice department of the Lower Nile but has been excluded through a prejudice against the label on the packages, which is a picture of "natives manufacturing manioc," and looks too much like "natives gathering chow chow leaves for Doctor Helmbold's extract of chow chow." Manioc makes pudding quite equal to rice. Pound some rice in a mortar, sift out the coarse, sift out the flour, use the middle, sago-like grains and you will not know it from manioc. The farina or rice pudding receipts will do for it.

China makes a fair showing if rice, yams, and birdsnest be credited to her. The East Indies has only one article, sago pudding, but that is quite important in its relation to this country.

Every reader who will recall to mind the first American Indian romance he ever read will recollect how they always used to greet each other with "Sago, sago, great chief!" Sago is the pith of a tree; and that is why the Indians got such a reputation for short and pithy sentences. But there is more in it than that. "Where did the Indians come from?" is a question never yet satisfactorily answered, notwithstanding the attempts to prove them the lost ten tribes, and floaters across Behring's Straits. The word sago, it is seen, is in spontaneous use among them. Saco, sachem, saguache, saguiam etsego, (which the English used to pronounce hot-sago) and other words, all meaning places where they have something to eat are but corruptions or deviations from the same root. Sago is Asiatic. The sago tree which yields the edible pith is native in the East Indian islands. Our Indians must have brought sago with them from that country. Now if the anthropological or some other suitable society would follow up this matter, perhaps they would be able to prove that our Indians came from the land of sago in the East Indian Archipelago, and thus settle a much mooted question.

Our Indians have never been accused of stupidity, but have often shown themselves to be true Ameri-

cans by their ready appreciation of a good thing when they had it. They had not been long in this country before they found out that American Indian corn was far better than East Indian sago, and so pleased were they with the discovery that—as is proven by Catlin's magnificent work on the North American Indians, and by the writings of all the poets and novelists from Longfellow down who have drawn their particulars from that source—they instituted a green corn dance to take place yearly upon the first appearance of the succulent roasting-ears of which the following pudding is made:

454.

#### American Green Corn Pudding.

##### Tuscarora Pudding.

A "vegetable entree" or entremet.

3 pounds of green corn.

6 ounces of fresh butter.

1 rounded teaspoonful of salt.

$\frac{1}{2}$  teaspoonful of white pepper.

2 eggs and 8 yolks, (or 6 eggs.)

1 quart of milk.

Use tender roasting-ears. Free them carefully from silk. Shave the corn from the cob with a sharp knife till you have the required amount—nearly two quarts. Melt the butter and stir it in, and the seasonings. Beat the eggs and milk together; mix all; bake in a four quart milk pan about half an hour or till just set in the middle.

455.

#### Individual Green Corn Pudding.

Make tulip-shaped cups of the lower part of the green corn husks, the stem being cut off close and the top edges cut rounded with a pair of shears. Dip the cups in hot, clear butter. Place them in gem pans of suitable size, fill with the corn pudding preceding and bake in a slow oven from 10 to 15 minutes without burning the husks out of color. When set lift the puddings out of the gem or muffin-pans and serve in the husks hot.

As the green corn season is short, canned corn has to do duty for it most of the year.

Two cans of the so called two-pound size will make the preceding amount. That is if the honest canned corn be used, which is solid and has to be dug out with a spoon. When your house "gets stuck," on the fraudulent corn and-water put up by the firm that dyes mulberries with logwood, for blackberries, and cans the logwood chips too, then use four cans instead of two; drain it as dry as possible and mash it to a partial paste, to imitate the shaved green corn.

**456. Baked Indian Richest.**

2 quarts milk and 12 ounces corn meal.  
10 ounces of butter.  
1 large coffee cupful of molasses.  
1 large lemon, juice and grated rind.  
12 eggs well beaten.

Butter the bottom of a kettle and make mush in it of the milk and corn meal and let it simmer with the steam shut in an hour or two. Then mix in the other ingredients and bake about half an hour.

**457. Indian Fruit Pudding.**

3 pints of milk or water.  
12 ounces of corn meal.  
6 ounces of suet chopped fine.  
6 ounces of molasses (small cupful.)  
1 teaspoonful of ground ginger.  
5 eggs.  
 $\frac{1}{2}$  pound of raisins.  
 $\frac{1}{2}$  pound of currants.  
Sa't. Cinnamon.

Make mush, add the other ingredients. Bake in a slow oven about an hour.

**458. Baked Indian Pudding.****Cheap and Good.**

2 quarts of milk.  
 $\frac{1}{4}$  pound of corn meal.  
2 ounces of butter or minced suet.  
6 ounces of molasses.  
1 teaspoonful of ground ginger.  
5 eggs. Little salt.

Make the mush with 3 pints of the milk, add the rest cold, and the other ingredients. Bake about half an hour. Three heaping pints of corn meal mush ready made will do as well.

**459. Boiled Corn Meal Pudding.**

1 pound of corn meal (nearly a quart.)  
1 quart of milk.  
 $\frac{1}{4}$  pound of sugar.  
6 ounces of chopped suet.  
3 eggs. Little salt.  
1 lemon—juice and grated rind.  
1 teaspoonful of ginger, ground or extract.

Boil the milk with the sugar in it; sprinkle in the meal and stir it over the fire 5 minutes. Add the other ingredients. Tie up in a bag with room enough to swell to nearly twice its bulk; boil 5 hours.

Butter and sugar or hard sauce, meringue sauce, or golden sauce are most suitable for the three puddings preceding.

A book is advertised which foretells all the disasters that will befall this poor earth in the next seven

years. Also, at the same time, Scribner's publishes an article presaging to hotel people the calamity of an avalanche of dried peaches. Now, what have we done? It may be all very true about the Delaware plains being "the peach garden of the continent, where the peach trees stand in rows a mile long, luxuriating in a warm and mellow soil and a genial climate, and every farm counts its hundreds or thousands. There are forests of twenty thousand peach-trees standing in prim and stately lines. Some large estates count ten, fifteen, or twenty thousand trees in one block. With a fair crop there will be five million baskets of peaches on these trees. A good crop will yield six million baskets—more peaches than the nation can eat while they are in good condition." That is pleasant; so is this: "when, in April days, the blossoms of these million trees foretold an abundant crop, the good news is telegraphed over the country." Yes, it is good news; everybody glories in millions; we all love plenty. It is the conclusion that makes us unhappy. There is a new industry springing up. They have learned how to dry millions of baskets as peaches as easy as rolling off a log, as if there was not too many dried peaches already. The dried peach is a good thing abstractly considered, yet, when presented in a practical shape to the hotel guest, a little of it goes quite a long way. The taste for it has to be cultivated, and it is tedious work for the cooks. Dried peaches keep well, but it does hotel people no particular good to keep them. They might pay the Indians their annuities, perhaps, in dried peaches, and get rid of the Delaware surplus in that way. If it will do any good towards checking the growing evil to show how to use up peaches, green or canned, here are a few ways to go on with, and some more may be studied up after awhile.

**460. Delaware Peach Pudding.**

A pastry bottom, peach pudding filling, and meringue on top.

1 quart of ripe peach pulp.  
4 ounces of butter.  
2 ounces of corn starch.  
 $\frac{1}{2}$  pound of sugar.  
A dozen peach kernels pounded small.  
8 yolks of eggs.  
1 small cup of cream,  
 $\frac{1}{2}$  cup of peach brandy (optional.)

Take ripe peeled peaches and mash with the back of a spoon enough to make a heaping quart. Set it to stew in a bright saucepan with the butter and peach kernels in it; mix the starch and sugar together dry, stir them into the peach, and in about 2 minutes remove the mixture from the fire. Beat in the yolks and cream and brandy. Line two shallow milk-pans with common pie paste, pour in the pudding to be about  $1\frac{1}{2}$  inches deep. Bake 20 minutes Meringue over with the 8 whites beaten and 6 ounces



of sugar. Canned peaches will do if drained from their juice. When stirred over the fire with butter good peaches turn creamy yellow and remain so.

#### 461. Delaware Peach Meringue.

Line two suitable shallow pudding-pans with pie paste and fill in three inches deep with halves of ripe peeled peaches. Strew over them about  $\frac{1}{2}$  pound of white sugar to each pan (or half the weight of the peaches in sugar) and  $\frac{1}{4}$  pound of best butter. Grate a little nutmeg over. Bake in a slow oven about half an hour, with paper over if in danger of blackening the fruit. There should be a thick, rich syrup of the peach juice and sugar in the pans and the fruit transparent. Spread meringue over while still in the oven, and dry-bake that to a light fawn color. Serve either hot or cold

Not only in Delaware but in Maryland, Virginia, Tennessee, and we know not how many peach growing states beside, the kind of pie to be next described is called peach cobbler. Perhaps it would be as good by some other name, but being such a good medium for disposing of too plentiful fruit its familiar name that it can be readily called by had best not be tampered with. The French name is *D'Artois*—*D'Artois* of peaches or cherries, etc., or *D'Artois* cake. There is a province of Artois in France which possibly may be as great a peach country as little De'aware. But the probability is that *D'Artois* of fruit gained its name from a Count *D'Artois*, who, they do say, was some akin to Marie Antoinette. The English would scorn to call a peach cobbler anything but a peach pie, but as they cannot grow millions of baskets of peaches—only a few on a warm south wall—they are not good authority on the subject. Like apple and peach charlottes, cobblers are good either in place of pudding or as sweet entrees.

#### 462.

##### Peach Cobbler Southern Style.

##### *D'Artois de Peches.*

A large pie baked in a shallow baking pan, from 1 to 2 $\frac{1}{2}$  inches in depth, with bottom and top crust, glazed and sugared on top and cut out in square or triangular pieces.

Fine puff paste is too rich for this purpose. Ordinary flaky pie paste made with 10 or 12 ounces of butter to a pound of flour is best. Cover the bottom of the pan with a sheet of paste rolled quite thin. Fill in with ripe peeled peaches, strew over them half their weight of sugar and a very little nutmeg. Cover with another thin sheet of paste and bake about  $\frac{3}{4}$  hour. When half done brush over the top with egg and water and strew granulated sugar over. Put back and bake it to a rich color. When the fruit is too dry to make its own syrup make a

sauce to go with the cobbler. All sorts of fruit and rhubarb can be used this way. Canned fruit should be stewed down till the juice becomes thick before being put in the paste lined pan.

#### 463.

##### New Orleans Banana Puddings.

##### Jamaica Souffles.

Puff puddings baked in candied orange rinds.

When oranges are used for jelly, sherberts, etc., save the rinds to form the cups or cases for this purpose. They can be cut as melons are cut, to make ornamental edges, or else the entire peel removed by being slit part way down, can be turned back to form shapes like tiger-lilies. Boil the rinds in several waters till tender, and the butter taste is all extracted; then boil in thick sugar syrup; drain, roll in sugar and set them to dry in the shape required till wanted.

2 pounds of banana pulp.

$\frac{3}{4}$  pound of best butter (or, olive oil with salt.)

$\frac{3}{4}$  pound of sugar.

16 eggs, less four whites left out.

$\frac{1}{4}$  pint of brandy.

$\frac{1}{2}$  teaspoonful of ground mace.

Place the two pounds of mashed banana in a bright saucepan with the butter, sugar, mace and eight yolks of eggs, and stir them over the fire till cooked to a sort of a marmalade, cool it, add the other eight yolks raw, then the brandy and beat thoroughly; then mix in the twelve whites whipped to a firm froth. Bake in the orange cups on a buttered pan, in a slow oven about ten minutes. Powdered sugar flavored with vanilla on top. Serve as soon as done. The rinds if skillfully candied without being made hard are a pleasant confection.

It is difficult to make anything of almonds as good as it ought to be without a marble mortar and pestle to pound them to a paste in.

If your house does not own one, a porcelain potato-masher and small deep kettle may have to do for a substitute.

#### 464.

##### California Almond Puddings.

##### Individual or Souffles.

1 pound of sugar.

$\frac{1}{2}$  pint of water, (a cupful.)

4 ounces of butter.

1 pound of almonds.

12 eggs.

2 tablespoonfuls of rose water.

A few bitter almonds, or peach kernels.

Pound the almonds—after scalding and peeling them—in a mortar a few at a time till all are reduced to a paste at least as fine as farina. Moisten

as you proceed with the rose water to prevent oiling. Boil the sugar and water a few minutes to form a strong syrup. Throw in the butter, then the almond paste, then six yolks of eggs and stir till it cooks thick—about five minutes. Take it off, add the six remaining yolks raw and beat up well. Then the twelve whites whipped firm. Bake in cups or cases.

Two ounces of starch added to the syrup along with the almond paste will make taller puddings when soufflés are wanted.

Every one thus far has been a week-day pudding, that is to say, a hot pudding. Now a few are needed of another class. It does not seem to be quite well enough known that fashion has decreed it to be vulgar to eat hot pudding on Sunday, except at a railroad eating house, and it is vulgar even there when the pudding is *very* hot and there is only ten minutes for dinner. The railroad companies do their part to guard the public against getting into such a predicament by running few or no trains on Sundays. The various journals of civilization never mention this new decree of fashion in their articles on table manners for the obvious reason that they cater only to the intellectual wants of first-class people who are already thoroughly informed. It would be very awkward for those journals to go about advising people not to eat hot pudding on Sunday who never do. It may be a little absurd to mention such a thing, but the cooks, and particularly those employed in hotels, are quite glad that hot Sabbath pudding is no longer countenanced by the best people. The change lets them out a little, and the result has not been, as some imagined, an overcrowding of the churches; many of those released professing to be well enough pleased with Strauss and Chopin, Verdi and Beethoven in a so-called beer-garden. Some talk about Whittier's broader faith and Bryant's idea of the woods being God's first temples, and Byron's pleasure in the pathless woods and rapture on the lonely shore, or something of the sort. At any rate it is said they do better and more careful work and show more natural energy and less pernicious stimulation after the rest afforded through the abolition of hot Sabbath pudding. What, then, shall there be no more pudding after church? Yes, certainly there shall be puddings plenty and of the most delicate and delicious descriptions but they are not good unless quite cold.

#### 465. Chocolate Custard Meringue.

- 2 quarts of rich milk.
- $\frac{3}{4}$  pound of sugar.
- 3 ounces common chocolate grated.
- 16 eggs
- 2 tablespoonfuls of vanilla extract.

Boil the sugar and grated chocolate in half the milk and beat till the chocolate is well dissolved. Separate the eggs so as to get ten or twelve whites for the meringue. Beat the rest of the eggs and yolks into the remaining quart of cold milk, pour the chocolate milk into it; flavor, bake in a four quart milk-pan or dish about twenty minutes. Custards are curdled and made watery by too long baking. As soon as fairly set in the middle have the meringue made as directed in many previous cases, ready to spread over the top while still hot and baking. Sift sugar over it and bake about ten minutes with the oven door open. To be eaten cold. A very handsome and excellent dish when carefully baked.

The above may be cooked and served in custard cups as well. The annexed directions for this will apply equally to several succeeding varieties.

#### 466. Chocolate Custards Meringues.

##### Individual.

Prepare the custard preceding with the best French chocolate and useless vanilla extract. Pour the custard in cups, place them in a steamer and steam fifteen minutes, taking care they do not become cooked enough to curdle. Pipe the meringue on top while they are still hot, set the cups in a baking pan and bake the tops very slightly. They may also be cooked by setting in a pan of water in the oven, but with more injury to the cups than by steaming.

In a guessing class when it comes to guessing flavors, they always slip up in trying to guess what gives caramel creams and custards such a pleasant taste.

#### 467. Caramel Custard Meringue.

- 2 quarts of milk, or part cream.
- $\frac{3}{4}$  pound of sugar.
- 18 eggs.
- 2 teaspoonfuls of almond extract.

Four ounces of the sugar is to make the caramel, which must *not* be black like that used for coloring. Put the sugar in a little brass kettle and set it on the fire without water. It will melt and turn brown. When it looks like golden syrup pour in a quart of the milk and let boil till the caramel is dissolved.

Separate enough of the eggs to get out ten or twelve whites for the meringue. Beat the others into the remaining quart of milk, add the sugar and flavor, mix in the caramel milk and bake till barely set in the middle. If not wanted meringued use fewer eggs. It is less necessary to meringue this than chocolate custard, which does not look well without.



We have had charlottes and apple cakes hot and variously made; the next is of the sort of articles that are better than they look. It is rich enough to be eaten cold.

#### 468. Maryland Apple Cake.

- 2 heaping quarts of apples in quarters.
- $\frac{3}{4}$  pound of sugar—more with sour apples.
- $\frac{3}{4}$  pound of best fresh butter.
- 2 teaspoonfuls of ground cinnamon.
- 2 pounds of sweet paste for the crust.

For the last named article, 'home folks' use common cookie dough, hotel cooks use sweet tart paste because it is easier to bake without burning.

Break the butter in bits in two frying-pans, set on the range, and when melted put in the apples (pared and cored of course) and fry them slowly and carefully till done. Put in the sugar and ground cinnamon and cook a little longer. The apples are expected to look brown.

Butter a baking-pan and line it with the sweet paste rolled out thin; put in the apples and cover with a thin crust. Bake as long as you can without scorching—about three-quarters of an hour. Turn the cake out, upside down on a board or sheet of tin and cut it in blocks or squares to serve. Thick cream cold is the best sauce.

Common cookie dough for the preceding is made with:

- $\frac{1}{2}$  pound of sugar.
- $\frac{1}{4}$  pound of butter.
- 3 eggs.
- $\frac{1}{2}$  cupful of milk.
- 1 teaspoonful of baking powder.
- And 1 pound of flour.

Sweet tart paste is halfway between cake and pie-paste and better than common paste for apple-cake and many other articles, such as shell pies to be baked the day before and filled with preserves.

#### 469. Sweet Tart Paste.

- 1 pound of flour.
- 6 ounces of butter.
- 2 ounces of powdered sugar.
- 2 eggs.
- $\frac{1}{2}$  cupful of water,

Rub the butter thoroughly into the flour dry. Allow a little salt if not enough in the butter. Break the eggs in the middle, add the sugar and water, mix up and knead smooth.

#### 470. Plain Baked Custard.

- 2 quarts of milk or cream.
- $\frac{3}{4}$  pound of sugar.
- 24 yolks of eggs, or 16 whole.
- 2 tablespoonfuls of vanilla or lemon.

Beat the sugar and eggs together; pour in the milk and extract. Bake in a shallow pan about twenty or thirty minutes.

The preceding is everybody's acquaintance and for a cold pudding is excellent without sauce or any other addition. When it turns watery it is because of too much baking. But when it is desired to add to it some of our abundant fruits, which would harmonize with it so well, an unpleasant state of fluidity results in spite of careful baking. Then the cooks say it is the fault of water in the milk, and blame the cows for going and standing in the river, as they are known to do, soaking themselves through and through for hours at a time. The difficulty can be overcome and a nice line of fruit custards made in the following way.

#### 471. New Providence Pineapple Custard.

- 1 quart of cream.
- $\frac{1}{2}$  pound of sugar,
- 2 ounces of corn starch.
- 10 yolks of eggs.
- $\frac{3}{4}$  pound of pineapple.
- A small cup of milk to mix the starch.
- A pinch of salt.

Cut the pineapple in small dice, and if not quite ripe and sweet stew it in some syrup formed by covering it with white sugar.

Boil the cream with the half pound of sugar in it. Mix the starch with the cup of milk; pour the boiling cream to that, causing it to thicken without being quite cooked; beat the yolks and stir in, and then the pineapple. Bake.

#### 472. California Cherry Custard.

Make a thick compote of white cherries by stewing two quarts, pitted, with  $\frac{3}{4}$  pound of sugar and half cup of water till the juice is reduced to thick syrup. Spread this in a thick layer over the bottom of a four-quart pan. Make the custard according to the receipt preceding, pour it over the cherries and bake as usual. To dish up place a spoonful of cream in the ice-cream saucer and a neat spoonful of the cherry custard in that.

#### 473. Virginia Cherry Custard.

With red morello, or black cherries. Butter the bottom of a four-quart milk-pan, place in it two quarts of pitted cherries and their juice and one pound of sugar and bake in a slow oven till the cherries will adhere to the pan and not mix with the custard. Make a plain egg custard of one quart of milk and 12 yolks and four ounces of sugar, pour on top of the cherries and bake. Serve cold with cream.

**474. Sonoma Grape Custard.**

Make a corn starch custard as directed for baking with pineapples and when ready for the oven mix in a quart or more of white muscat grapes, washed but not previously cooked. Bake as usual. Serve cold.

Bartlett pears quite ripe can be used in the same way as white grapes. Apples should be cooked as directed for red cherries.

**475. Compiègne Pudding.****Savoy Float. Gipsy Pudding.**

Make a jelly cake composed of two sheets of sponge cake baked with granulated sugar on top to form a glazed surface, and red currant jelly spread between and when to be used set it floating in two quarts of ice-cold boiled custard flavored with vanilla. May be served whole in a glass bowl or by spoonfuls in saucers with plenty of the custard for sauce.

**ADDENDA.**

Queen Mab's pudding it is not unlikely may have been the predecessor of well-known charlotte russe. The writer remembers first seeing the name in a little cook-book by a titled lady, that must have been published half a century ago. It has since reappeared in many places. Queen Mab's pudding, is a charlotte made by lining a mould with lady-fingers striped with red jelly, and filling with the gelatine cream that is variously called lemon cream, velvet cream, (*creme veloute*), *jaune-mange*, and perhaps others names. It is not the purpose here to enter into the methods and merits of gelatine creams, and a short course will be taken with this:

**476. Queen Mab's Pudding.****Individual Charlottes**

Spread some small lady-fingers thickly with firm red currant jelly and place by twos together, then cut them lengthwise into stripes and line custard cups with these so that there will be red and yellow stripes all round for the outside. They may be kept in position by slightly wetting the edges of the cake in white of egg. It is well enough for precaution to wipe out the cups first with a touch of olive oil.

For the filling make a rich boiled custard. To each quart allow an ounce of gelatine, (it used to be isinglass), dissolved in water separate, or beaten in the milk while on the fire, which is the shorter way.

Flavor with lemon. Strain. When cold and so nearly set that the cakes cannot rise and float in it pour this lemon cream into the lined cups, set on ice and turn them out when firm. May be ornamented on top with jelly and whipped cream around in the saucers.

**Corrections.**

The bread custard receipt, and a few others like it near the beginning of this book should have been written, two slightly pressed quarts of bread crumbs, instead of pressed in or full-pressed. While a loose quart of bread crumbs has scarcely any weight it is found on the other hand that pastry cooks coming down on it with a pressure of fifty pounds to the square inch make much more of a cake and much less of a custard than the writer does of the same receipt.

Also the few people who know how to cook rice dry, as it ought to be, will probably find the rice custard pudding requires in their hands about a pint more milk.

Use less baking-powder than is directed for Cottage Pudding. The amount there specified is enough for twice the quantity. See variations and adulterations of baking-powder in Book of Breads

There has been a painstaking effort throughout this entire series to make each and every receipt so reliable that any person might choose among them with a reasonable certainty of success as complete on the first trial as at any subsequent time.

**477. "Home-Made" Pudding Sauce, or Sugar Dip.**

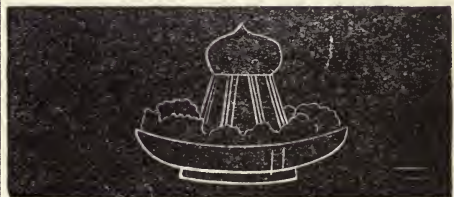
1 cupful of brown sugar.

1 cupful of hot water.

$\frac{1}{2}$  cupful of butter.

1 tablespoonful of flour.

Mix flour and sugar together dry, pour the water to them, add the butter, and stir over the fire till it boils. The sauce should be thick.



QUEEN MAB'S PUDDING.



### Simple Syrup Pudding Sauce.

477.

2 pounds of granulated sugar.

1 pint of water.

Boil them together in a clean, bright kettle, or new tin pan. Skim and strain for use.

The above is often used plain and unflavored as sauce for steamed pudding, pancakes, fritters, puddings of green fruit, etc.

### 478. Wine Sauce for Puddings.

2 pounds of granulated sugar.

1 teacupful of water,

1 pint of wine.

1 dozen whole cloves.

$\frac{1}{2}$  a lemon.

1 blade of mace.

Melt the sugar in the cup of water on the fire taking care it does not burn while dissolving. Throw in the spices and the lemon cut in bits—the seeds excluded—and let simmer to draw the flavors. Remove from the fire and add the wine, then strain. It should not boil after the wine is added.

The foregoing is not quite a simple matter, or one for set instructions. Color is desirable in most cases and the wine is not always sufficient. Then artificial means must be employed. The wines of California are, happily, coming into use cheap enough for such purposes as these, and with the probabilities in favor of their purity. They are not always of desirable color. Burnt sugar caramel will make your sauce sherry or madeira color. Carmine, which is the coloring principal of cochineal, will make a handsome claret color, provided there be lemon juice or any acid in the sauce, otherwise it is apt to make an unpleasant purple. Caramel and carmine mixed make port wine color; but let the tints be weak rather than be overdone.

Pudding sauces could perhaps be classified in four divisions, but they ought not, because it may almost be said the more unmethodical our methods in this line can be the better. Not of course, the methods of making sauces, but of their application. This matter, almost inexplicable, it will be our task to talk at and around about in a succeeding column.

The sauces at present touched upon it will be observed have had nothing in them to give body to their linked sweetness but pure sugar and for richness only wine. So when more wine is used or when fruit or fruit juice instead, more sugar has to be added for thickening for sweetened water or liquor is not desirable for anything but a French beverage. They tell of a notable Frenchman who was so delighted when loaf sugar was first made that he declared when the price got down to two francs per

pound he would drink nothing but sugar-and-water. Surely soda-fountains and raspberry and pineapple syrups had never then been thought of else why such a homely fancy?

479.

### Pineapple or Raspberry Sauce for Puddings.

2 pounds of sugar.

$\frac{1}{2}$  pint of pineapple juice or syrup made by steeping the slices, or of liquor from the cans.

$\frac{1}{2}$  pound of pineapple in shreds

$\frac{1}{2}$  pint of port or claret wine.

Dissolve the sugar in the pineapple juice. Bring to a boil, strain, then add the wine and pineapple, keep hot without boiling.

Instead of the wine half a pint of water and a few drops of red coloring—to make the sauce pink only—can be used.

Red raspberries can be used in the place of pineapple with the difference that the berries should be dropped singly into the boiling syrup while it is still thick and never be stirred. In this way they retain their proper shape while coloring and flavoring the syrup. No wine needed.

Very handsome sauces of other kinds of fruit are made in the way above indicated, by adding it to a strong syrup made with half fruit juice and half water. White sweet grapes which furnish no syrup may be used to advantage thrown whole into boiling wine sauce.

### 480. Lemon Syrup Sauce.

2 $\frac{1}{2}$  pounds of sugar.

3 lemons.

1 pint of water.

Grate the rinds of the lemons on a tin grater and scrape the zest with a fork into the sugar. Squeeze the juice in without the seeds. Add water, boil up and pass through a fine strainer. One of the best sauces for pancakes and, if made a little less acid, for tapioca and all farinaceous and cake puddings.

### 481. Orange Syrup Sauce.

2 pounds of sugar.

2 oranges.

1 lemon.

1 $\frac{1}{2}$  cups of water.

Make same as lemon syrup.

The sauce preceding mixed with one third curacao is the proper sauce for Savarin pudding, to be poured into the pudding or cake hot.

**482. Curacao Sauce.****Sauce au Curacao.**

Curacao is a cordial made by steeping orange peel in proof spirit and then adding to the flavored spirit three times as much simple syrup. It is brandy colored. As a substitute make the clear syrup sauce, the first of this series with a few cloves and some orange peel grated in it. Boil, strain and add half pint or less of good brandy.

**483. Maraschino Sauce.****Sauce au Marasquin.**

Maraschino is made by steeping black cherry seeds in proof spirit a long time, and adding to the flavored spirit three times as much simple syrup. It is clear and colorless for a substitute make the simple syrup with the juice of canned white cherries—a pint to two pounds. Strain, flavor slightly with peach or almond extract, and add a quarter pint of gin. Excellent for steamed puddings, rice and farina cakes and fried cream fritters.

As long as butter and honey, silver drips and maple syrup are applied in such lavish proportions to hotel waffles, hot breads and cakes as is the present custom there will be no reason to make excuse for the excessive sweetness of these clear syrup sauces. Rich as they are they can go a degree higher for such things as sponge puddings and boiled puddings of flour.

**484. Transparent Sauce.**

2 pounds of granulated sugar,

1 pint of water.

4 ounces of fresh butter.

$\frac{1}{2}$  a lemon.

1 tablespoonful of whole spices—consisting of blades of mace, cloves, stick cinnamon and allspice.

Boil all together ten minutes—the lemon cut in pieces—then strain through a fine strainer. The juice of the lemon is essential to brighten the color of the sauce.

**485. Raisin Sauce.**

For macaroni puddings and timbales make a sauce like the preceding and stew  $\frac{1}{2}$  pound raisins in it. Use the raisins as a garnish with the sauce.

And then the transparent sauce goes still further.

**486. Brandy Sauce for Plum Pudding.**

Making the rich transparent sauce as above directed and add to it after straining,  $\frac{1}{2}$  pint of brandy and do not boil afterwards. If to be set on fire when the pudding is sent in another half pint of brandy is required. Make it hot and pour it on top of the other sauce without mixing, then set on fire with a pine splinter.

**487. White Sauce.****Silver Sauce. Sauce au Vin Blanc.**

1 pound of powdered sugar.

8 ounces of butter, (large cup).

$\frac{1}{2}$  cupful hot water.

$\frac{1}{2}$  cupful of brandy, or else nearly  $\frac{1}{2}$  pint of wine and no water.

Warm the butter slightly in a bright pan, put the sugar with it and cream them by rubbing together as if for cake. Then set it on the range and while beating with an egg-whisk in one hand pour in the brandy and water or wine with the other. When hot enough to serve it is ready. It must not boil, as that destroys its silvery whiteness and makes a gray syrup of it. Takes but a few minutes and should be made last thing. Good for soufflé puddings of fruit, drop dumplings and boiled puddings.

**488. Maple Syrup Sauce.**

Maple syrup made hot, a little fresh butter stirred in.

**489. Maple Sauce. Imitation.**

Golden syrup made hot, two ounces of butter to each quart and flavoring of vanilla and nutmeg

*Glaze, ice, glace, glass, glaze, gloss; glacé, iced, glazed, glossed over.*

That is all very slippery. When a bill-of-fare instead of saying a dish has a sauce describes it as *glacé* the glossy sauce is required to be thick enough to coat the article and barely run enough to settle down smooth. With all sugar sauces like the list preceding it is hardly practicable—they would be almost candy. The next settle are better for gloss.

**490. Corn Starch Syrup Sauce.****Wine Sauce.**

Substitute for the clear syrup and many other flavored sauces. Takes only half the amount of sugar.

1 pound of sugar.

2 ounces of corn starch.

1 quart of water—scant.

1 lemon.

1 ounce of butter.

A blade of mace and few cloves.

$\frac{1}{2}$  pint of wine.

Boil the water with the lemon sliced small in it—the seeds having been carefully excluded. Mix the starch in the sugar dry; then stir them quickly in to the boiling lemon water and let boil 5 minutes. Then beat in the butter and add the wine. Strain for use.



#### 401. Sauce Millefleurs.

1 pound of sugar.  
2 ounces of corn starch.  
1 pint of water.  
1 pint of thick sweet cream.  
 $\frac{1}{2}$  cup of red fruit syrup.  
Various flavorings.

The making of this sauce will be best understood by the explanation that it is a pearly cream sauce with a mixture of several agreeable flavors. It should be pearl pink. Of old, when the spices, almonds, lemon zest, and flavors of nectarine and peach had to be prepared separately this sauce became a serious affair. Now, by boiling cinnamon, cloves and grated peel in the pint of water, stirring in the sugar and starch, then the cream, and judiciously adding drops of various extracts the sauce can be made as good as need be in a few minutes. It must be strained, of course.

#### 402. Raspberry Vinegar Sauce.

##### Vinaigre Framboise.

The various fruit vinegars used extensively for sauces and beverages in Europe are but little enquired for in the United States, but probably need only to be better known to be appreciated. The native wild raspberry of the Rocky Mountains, with its peculiar aromatic flavor and bright scarlet color and juice doubtless contains new possibilities in relishes and confections, and could be cultivated to an unlimited extent among its native barrens. During its short season in the towns about which it grows it has no rival among fruits and brings a higher price than any other.

To make raspberry vinegar, half fill a stone jar with ripe raspberries of any kind, and pour in pure cider vinegar enough to a little more than cover them. Let stand in a warm place twenty-four hours. Mash the berries in the jar; strain and press through a cloth and then run the liquor through the flannel jelly-bag. To each pint allow a pound of sugar if for present use or two pounds if to be bottled. Boil and skim and it is ready for use when made cold. It can be kept in preserving jars or cans a long time, put up in the usual manner, or in stone jugs, sealed while hot and painted outside to exclude air.

"*Mio amico*, why do you, residing in the *Boulevard des Italiens, Pays Culinaire*, yet writing French, call that *sambaoine* which the French call *sabayon*, even when writing French?"

"Only because the French themselves call the same thing by two different names. The sauce or hot spirituous beverage is of Italian origin, and has come down from the time when Italian cookery was in the ascendant, but the Italian spelling is *sambaojne*, the *j* being pronounced like *i*."

Then I asked my meal-colored German elf what in his country they know about *sabayon*. He answered: "Why that is *dreifutz*;—only"—he adds, "when made slightly different with wine it is *schatto*."

Then I asked the great Columbian oracie and he, smilingly answered, "why that is scarcely different from Thomas and Jeremiah,—only we do not cook our tom-and-jerry quite so much as you cooks do."

Then I went to an expert Englishman and asked him—"Say, Johnny! what is that sauce you make for plum pudding when you don't have the common brandy sauce?"

"That," says he, "is German Custard Sauce,"

"What is its French name?"

"Sabayon."

Enough said. They are distinctions without much difference. The confusion comes from the same compound being mentioned in a Babel of many tongues. If an intelligent person but learn the base he can build up as many variations as he please, himself.

The base may be learned by boiling a quart of Rhine wine, throwing in sugar enough to pleasantly sweeten, and a little spice; then stirring in enough beaten yolks to thicken it to a custard-like consistency—about 10 yolks to a quart—and taking off before it quite boils. Mulled wine, a hot beverage, is an elaboration of this, having the whites of the eggs beaten to a froth and stirred into the nearly boiling mixture the minute before serving.

#### 403. Sauce Sabayon.

For plum puddings, fritters, etc.

$\frac{1}{2}$  pound of sugar.

12 yolks of eggs.

$\frac{1}{2}$  pint of sherry or other wine.

Beat the yolks and sugar together in a deep saucepan as if making egg-nogg. Set the saucepan on the range; stir in the wine a little at a time, and then with the egg-whisk whip the mixture to a froth till it has become hot and begins to thicken. It must not quite boil, and ought to be made only just before it is needed. Either powdered cinnamon, vanilla, or extracts can be added for flavor. Brandy or rum mixed with the wine is generally considered an improvement.

**494. Raspberry Butter Sauce.**

Only bright red juice should be used—not purple. The juice of red currants or light red cherries does instead of light raspberries.

1½ pounds of powdered sugar.

¼ pound of fresh butter.

½ pint of red fruit juice.

This is a hard sauce colored red. Have the fruit juice cold.

Cream the butter and sugar together, slightly warm and add the juice slowly while beating, like vinegar to a mayonaise, so as not to liquify it. Keep on ice till wanted.

**495. Sauce Doree.****Golden Sauce.**

1 pound of sugar.

2 ounces of corn starch.

1 quart of water.

4 ounces of best fresh butter.

3 yolks of eggs.

1 nutmeg.

Break the nutmeg in pieces and boil it in the quart of water.

Mix starch and sugar together dry and stir them in. When cooked beat in the butter; beat the yolks with a spoonful of sauce and add them with rapid beating to the sauce, which should be immediately taken from the fire and not allowed to boil the yolks. Strain for use.

**496. Lemon Butter Sauce.**

1 quart of water.

1 pound of sugar.

2 ounces of corn starch.

2 ounces of butter.

2 lemons.

6 yolks of eggs.

Grate the rinds of both lemons into the water and squeeze in the juice of only one, unless quite small. That being the flavoring instead of nutmeg make the sauce in other respects as directed for the golden sauce preceding.

**497. Meringue Sauce.****Creamed Butter Sauce.**

1½ pounds of powdered sugar.

½ pound of butter.

8 whites of eggs.

½ cup of brandy.

Make the hard sauce as directed in two preceding cases with only one pound of the sugar. Whip the whites quite firm, lightly mix in the remaining sugar, then stir both mixtures together and add the brandy. Make it late and keep on ice till wanted.

**498. Sauce Ecumante.****Foaming Sauce, Sabayon.****French Custard Sauce.**

1 pound of sugar.

6 ounces of fresh butter.

2 eggs.

½ pint of madeira or sherry.

½ teaspoonful of ground cinnamon.

Proceed at first as if making cake, to warm the butter and sugar, and cream them together with the cinnamon and the 2 eggs in a deep saucepan. Then set the mixture over the fire and while stirring it as it becomes warm pour in the wine a little at a time till all is in. With an egg-whisk then beat up the sauce till it becomes quite frothy and begins to thicken. It must not quite boil. Should be made only just before it is to be used.

**499. Custard Sauce—Plain.**

1 quart of rich milk.

½ pound of sugar.

8, 10, or 12 yolks of eggs.

Flavor to suit, or wine.

Boil the milk with the sugar in it. Beat the yolks light with a little milk mixed in. Turn them quickly into the boiling milk and in about one minute or just before it begins to boil take off and strain it. The best sauce when ice-cold for snow eggs, lemon snow float, fruit floats and gipsy pudding.

**500. Hot Cream Sauce.**

For drop dumplings, etc.

1 quart of thin cream.

¾ pound of sugar.

1 ounce of butter.

1 ounce of starch, (a heaping tablespoonfull)

Flavoring of broken nutmeg or stick cinnamon.

Boil the milk with the piece of cinnamon and half the sugar in it—the sugar prevents burning—and stir in the rest of the sugar with the starch mixed in it dry. When cooked thick beat in the butter and strain for use.

**501. Whipped Cream Sauce.****Sauce a la Chantilly.**

1 quart of thick sweet cream.

4, 6, or 8 ounces of sugar.

½ pint of sweet wine—such as raisin, canary, California angelica, or Madeira.

Vanilla, rose, almond or any other flavor as may be required.

Have the cream cold and whip to a partial froth as wanted, either in a whip-churn or deep bowl set in ice.



### 502. Paper Cases for Individual Charlottes.

Procure half a dozen sheets of cap or fine book paper, which is like writing paper not ruled, and make a pattern for the paper cases by fitting a band of paper to the outside of a very small tumbler, such as is used for Roman punch, or some similar small shape. The band of paper, when cut to fit, will form a curve. Cut as many such pieces as are needed from the sheets, and then, placing three or four together, cut both top and bottom edges into fringe a quarter of an inch or less in depth. Make some corn starch paste very stiff, and paste the ends of the bands together, forming cup shapes, then cut around the edges, press the fringe bottom edges of the cups on to the paste, the fringe bent outward, and the shapes are made.

### 503. Strawberry Charlottes in Cases for Fifty.

Having prepared 50 paper cases of about the capacity of very small tumblers, according to the directions in the preceding article; next bake 6 sheets of cake of any kind that is suitable to roll up, or of the following, which is right in quantity for 50 small charlottes.

3 rounded cupfuls of granulated sugar— $1\frac{1}{2}$  pounds.

15 eggs.

$\frac{1}{2}$  cup of water.

4 rounded cupfuls of flour—18 ounces.

Separate the eggs. Beat the yolks, sugar and water rapidly for ten minutes.

Have the flour weighed or measured ready. Whip the whites perfectly firm. Stir the flour into the beaten yolks, and the whipped whites last.

Spread thinly on sheets of blank paper not greased, and bake in a quick oven about 6 minutes.

Careful baking is required, because if dried or burnt the cake will break.

Brush the paper, under side, with water, and it can be pulled off the cake. Should any of the sheets become too dry to roll or bend in spite of care in baking, lay them on top of each other after wetting the paper, and let lie so half an hour.

Cut out the pieces of cake by the same paper pattern the shapes were cut by, but a trifle shorter, and put the lining of cake in the paper cases. No bottom of cake is needed, but little square pieces can be pushed down inside if wished.

A short time before serving fill the charlottes with the cream intended for the purpose.

### 504. Strawberry Whipped Cream for Fifty.

1 quart of red strawberries.

$\frac{3}{4}$  pints of thick sweet cream.

1 pound of sugar—2 cupfuls.

$1\frac{1}{2}$  ounces of gelatine—a package.

Cover the fruit with the sugar in a bowl, mash together and rub through a sieve.

Dissolve the gelatine in a cup of milk extra, in a small vessel set in a place where it will warm gradually. When the gelatine is dissolved put the cream into a pail or pan, take the large wire egg whisk and whip it to a froth, pour in the gelatine, and continue whipping, with the pan set on ice; then add the strawberry pulp or syrup, and when it is firm enough, and before it is quite set, fill the individual charlottes with it, well piled above the edge.

Cream without fruit, and only flavored with strawberry extract, does not need any gelatine.

### 505. Peaches and Cream.

The harder kinds of peaches should be chopped to the size of strawberries and mixed with sugar two or three hours before the meal. Allow about four ounces of sugar to a quart. Soft peaches, after peeling, are best only quartered or sliced. If admissible, serve them in large glass bowls ornamented with quarters of red or yellow peaches placed in order and a pitcher of cream with each bowl separately. If served individually in saucers, pour the cream over only as they are dished up.

### 506. Compote of Apples.

This is but another term for apples stewed in syrup. A compote of fruit is understood to be different from stewed fruit, in being richer with sugar and the fruit being either whole or in large pieces.

Fine ripe apples of a kind that have proved to be good to cook make a delightful sweet dish for tea in this way:

4 large apples.

1 cupful of sugar.

$\frac{1}{2}$  cupful of water.

Piece of orange peel or lemon peel, or cloves, or stick cinnamon for flavoring.

Put the sugar, orange peel and water on to boil in a deep saucepan. Pare the apples, cut each one in three and cut out the cores. Drop three or four pieces at a time into the boiling syrup, and let simmer about fifteen minutes, or until done and almost transparent; take them out with a fork, and cook some more in the same syrup, and so on till all are done. Serve in dessert saucers. The apples can be colored pink by adding red fruit juice or currant jelly to the syrup.

### 507. Pineapple Sweet Salad.

1 pineapple.

1 teacupful of powdered sugar

$\frac{1}{2}$  cup of maraschino.

Peel a pineapple, cut it into uniform slices and cover them with the sugar in a glass dish. Let it remain to form a syrup, and when to be served add the maraschino.

THE  
❖HOTEL❖BOOK❖

OF  
BREADS AND CAKES.

FRENCH, VIENNA, PARKER HOUSE AND OTHER ROLLS, MUFFINS, WAFFLES,  
TEA CAKES; STOCK YEAST, AND FERMENT; YEAST-RAISED CAKES,  
ETC., ETC., AS MADE IN THE BEST HOTELS  
AND RESTAURANTS.

BEING A PART OF THE  
"OVEN AND RANGE" SERIES.

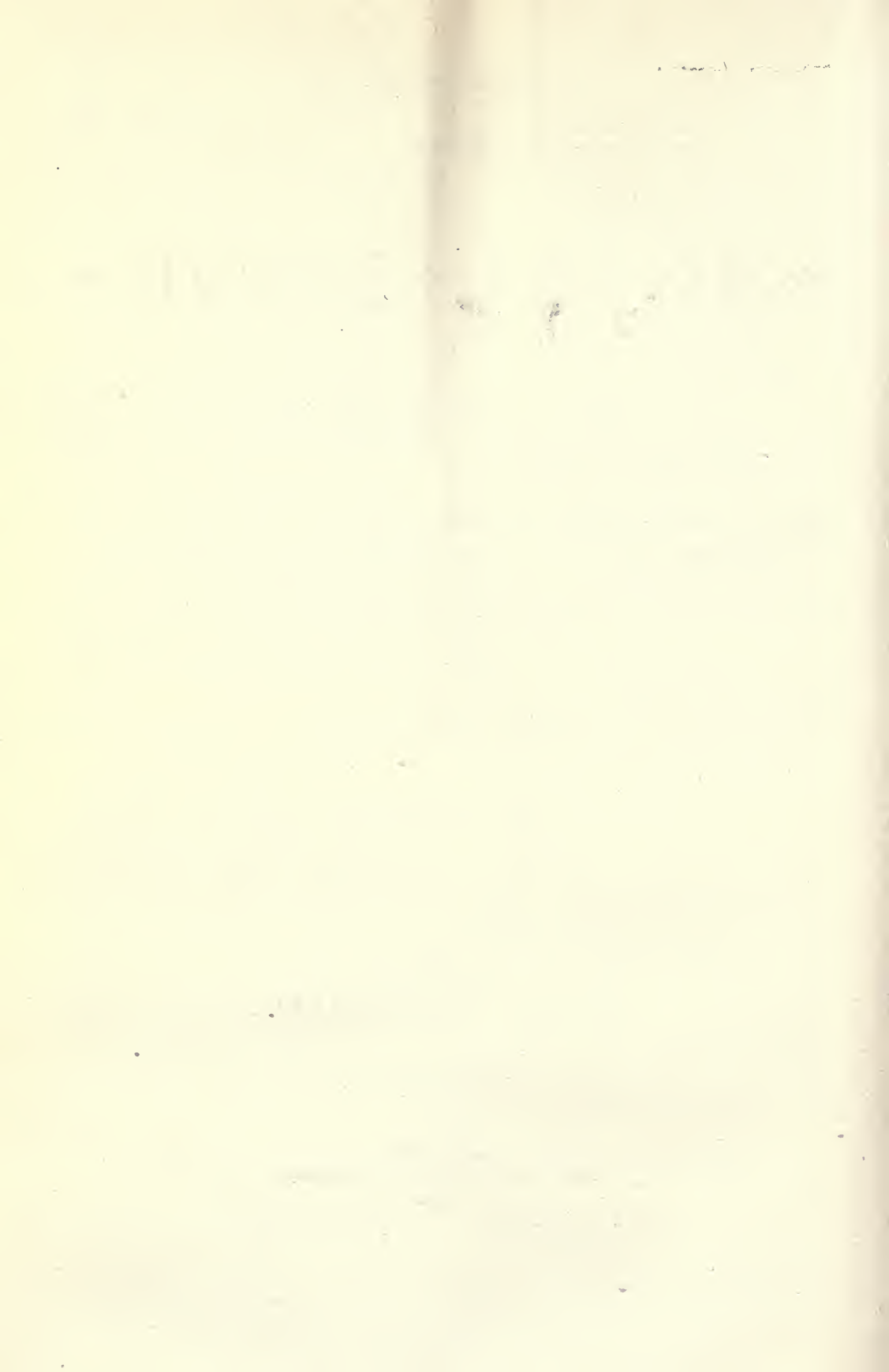
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BY  
JESSUP WHITEHEAD.

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1894.





## THE HOTEL BOOK OF BREADS.

## All the Mystery that Pertains to Yeast

## 511.

*Stout Party*: "What delicious bread you have Who is your baker?"

*Brulat-Savarin*: "Limet, in Rue de Richelieu He supplies the royal family; but I send there because it is near, and continue doing so because I have proclaimed him to be the first bread-maker in the world"

*Stout Party*: "I must take a note of his address I am a great eater of bread, and with such rolls as those I could almost dispense with everything else."

It is one of the most natural occurrences in the world, when traveling hotel patrons stop at a good hotel—no matter what the rate per day if situated in the midst of the land of sweet butter—and find on the table hot rolls that are remarkably light, well-baked, well-shaped, thin-crust, soft, white, sweet, fine-grained, delicious and just splendid; so that they think they "could almost dispense with everything else;" for them to ask somebody as a special favor to procure them the receipt to make them by. But, more's the pity, they seldom derive any benefit from the reply; not only because the ingredients are but seldom weighed or measured, and the pastry cook may be unable and unwilling to supply the information, but because in the nature of the case the receipt is but a small part of a little system of bread-making that has to be faithfully followed from small beginnings to great results, if uniformly fine rolls and bread are to be produced; and that little system is yet so large that it cannot be explained quite all in a minute. Happily however, bread-making is not a very complicated affair compared with other branches of cookery where each new article may require a different method, but this once learned becomes little more than a matter of routine. The first step is making the yeast.

## Common Yeast, or Baker's Ferment.

## 512.

About 24 potatoes.

2 pounds of flour.

4 ounces of sugar.

1 quart of stock yeast.

Wash the potatoes thoroughly, using a brush for the purpose, and boil them in a kettle of water. When done pour off what remains of the dark water and fill up again with fresh. When that boils turn out potatoes and boiling water on to the flour in a large pan and mash all to a smooth paste. Throw in the sugar. Thin down with ice water till like thick cream. Set the large colander over your 6-gallon stone jar (just fresh scalded out) and strain the yeast into it. When it is no more than about milk warm mix in the stock or other yeast to start it. Let stand in a moderately warm place, undisturbed, for from 12 to 24 hours—according to

weather, activity, and need of using. It will then be ready for use, and should be kept cold.

Not much in that; yet it was once the subject of an English patent. Somewhere between 1825 and 1835. And in the days of our daddies was kept a profound secret and termed patent yeast, London yeast, and patent London potato yeast, long after the patent had expired. Now it is used in almost every household where bread is made.

To avoid sourness in this ferment it is quite essential that the flour be well scalded, which is the reason for filling up the kettle the second time to have plenty of boiling water to pour over it along with the potatoes.

Ought not the potatoes be pared?

Yes, they ought to be. In nice little hotels kept by ladies they are pared and the eyes scooped out. All the bakers will do that way when the millennium comes. At present the bakers have a sort of superstition that the potato skins make the yeast stronger, and if it should fail to be good would be sure to lay the blame to the paring of the potatoes. However, they are obliged to wash them very clean, and if they did not pour off the first water they are boiled in, its blackness would injure their bread.

There is no salt in the receipt. Ought not salt be added?

It need not be. It seems about all the private house authorities add salt. The baker's superstitions all are against it. Most bakers will not put salt in their first sponge. Salt in yeast probably does no harm; it certainly does no good. This little book teaches to make bread with such ease, certainty, and indifference to trifles that you will be at liberty to do either way without impairing success.

Not so with sugar. It has a chemical effect that is very observable. People can go on for years making good bread without, but they never discover how quick and strong yeast can be until they try the sugar experiment.

## 513.

But there is stock yeast mentioned. Where are we to get that?

By all means make your own if you have to make bread constantly and regularly, no matter in what quantity, for stock can be made either by the barrel or bottleful, and needs be made only once a month, because stock is not put into bread direct, but only used to make the common yeast or ferment.

It costs only the trouble of making, the material's being almost too trifling in expense to count. Of course you can shuffle along without. Some hotel pastry cooks do so all their lives, never knowing how to make stock. But then they are always dependent, begging from those who are unwilling to



give or sell it. Or else they use ferment to start with over and over again, and it carries the germs of acetic fermentation, or seeds of sourness all the time; it is weak and makes rotten dough, while with stock used to start with every time, or at least alternately, it is the most difficult thing to make dough or bread become sour, even if you were to try it.

Some who go on using the lifeless ferment made with ferment for years, blaming the flour and the luck, are astonished after all to find yeast made with perfect stock turning out rolls and loaves twice as large and twice as good as ever they had known them before.

Stock yeast is the foundation corner stone of a trade. The receipt for making it is never published. It is too valuable to be spread broadcast in a newspaper, yet some way will be indicated at the end of this book by which those who really need it may obtain the desired information.

But if no stock yeast, what then?

A quart or more of good ferment from the shop of a good baker is the best substitute. Next to that is dry hop yeast in cakes, (they are made from stock yeast) not good for making bread direct because of their taste, perceptible to all persons critical about their bread, but good to start ferment along with sugar. Use a liberal amount—about 6 cakes to each gallon of ferment made. Make a new start that way about once a month and use ferment for starting at other times.

There are no hops. Don't you use hops in making yeast?

Yes, in all cases where no stock can be had, tie up 4 ounces of hops in a piece of muslin, boil them with the potatoes in the second water, and press out the liquor through the colander when straining the yeast. Hops are not needed with stock for starting, as that is already bitter with them.

The baker or pastry cook who makes perfect yeast is naturally reluctant to take chances on other people's on making a new commencement, and will prefer to take along his own in the following easy and reliable manner.

#### 514. Dry Hop Yeast.

- 1 pint of strong, thick, stock yeast.
- 1 pint of fresh ferment.
- 1 pound of corn meal.
- 1 pound of flour.
- 2 tablespoonfuls of sugar.

By thick stock is meant some that is not watered down to the common point of using, but left with more consistence for this purpose.

Mix all together to a stiff dough, without knead-

ing. Cut out in suitable cakes and dry them in a cool place as quickly as possible, turning over frequently. If covered with meal and dried under a slight pressure of board and weight till so much of the moisture is expelled that they cannot ferment, these cakes will be as free from breakage as the dry yeast of the stores. Either way they will be found very strong and ready both for bread or yeast making.

#### 515.

A brand of dry yeast with a German name that is sold in tin-foil packages, is made as above with starch and flour. The starch absorbs more moisture—takes up more yeast.

There are then several kinds of yeast. Of compressed yeast, the all in all and first necessity with many bakers, this little book will not have much to say. It is neither better nor worse than that we make ourselves. Its one merit is that it saves the trouble of making either stock or ferment. In the largest hotels which have bakeries attached it is used and, saving labor, is as cheap as any. But it has to be purchased, and in the ordinary hotel and boarding house, after a month or two, the question invariably comes:

"Can't you make your own yeast? So and so does, and they have splendid bread."

Then the cook or pastry makes his own, and rather liking the independence it gives him, and not caring to change methods every month, the practice of using home-made yeast becomes the hotel rule.

All ignorant imaginings of luck, chance, water-witchery, mystery, hidden knowledge, moon's age and the like having to do with fermentation should, one would think, have been banished long before this; but such is not the case, as we are often reminded seeing how easily even some old hands will give up trying under the least stress of accident.

Two men, a few months since, started a "French Bakery"—so their handsome new sign had it—in the liveliest new city on the continent. The capitalist, with five years savings of some plodding business; the other partner, a routine shop baker from an eastern city. Large size portable oven procured at great expense, very large tent, all other fixtures suitable, high hopes of course, scores of such beginnings had become fine stores doing a rushing business. First opening day bread very bad—gray color like rye—full of holes—rolls all run together shapeless, worse than bread. Blamed flour. Sent for the merchant author of their ruin. Merchant called referees, proved best flour in the state. Next day bread no better, could not be worse—blamed water, oven, dough trough, weather. Next day bread no better—blamed the luck, moon, planet, climate, salt. Ran to place of one of referees where



glorious bread was made and borrowed some good yeast.

Next day had good average baker's bread. But no more customers. All parties demoralized. Baker on a stool smoking said it was no use, his trying in that town any more, because he had made his first yeast in the wrong quarter of the moon! Sold out for a song—capitalist raised enough to go back home with—baker lost.

Another case. The steward of a good hotel where the finest bread was known to be made, was sought by the owner of a bakery that had been running with good success for some time.

"What brand of flour do you use? I must get some or close my shop. I have no more good bread and my trade is leaving me."

"We use the best—such a brand."

"Why, I have that, but they must have changed quality on me."

"That does not seem possible, for you got the other half of the same car load as ours. Perhaps you will find the fault is with your baker. He did well in warm weather; now the nights are cold. His yeast has run out."

Correct. Some changes, and the business recovered and has grown.

In one of those Florida hotels, years ago, they tried to do without engaging a pastry cook for the season, and might have got along very well had it not been for the inscrutable mystery that so envelops yeast as to make it impossible for ordinary home folk to ever penetrate to the bottom of it. The company was coming but the yeast would not come nor the light bread. The family carryall was sent fifty miles for a baker, in haste. He came, he saw, he made some mash and poured it very warm into their cold and inert yeast, and in an hour it was all life, overflowing the top and filling another jar besides. Such wonderful witchcraft as he understood they never could expect to learn, so he had to stay the season through. It was well for him that he understood yeast.

Scientists tell us that yeast is a plant, a festive sort of microscopic fungus, or multitudinous mass of it, of exuberant growth under the usual conditions favorable to plant life. There is any desired amount of natural philosophy besides the above to be found in studying the singular ways of yeast, such as the different kind of fermentation and the changes produced in the flour, but the really practical thing for bread-makers' profit to remember is that one point that yeast is a plant and to be cared as such. As plants grow fast under the influence of warmth and moisture so does yeast. Hot water poured into a bed of plants will kill them and the same excess of heat kills yeast, whether the ferment

be too hot into which the starting yeast is poured, or whether the dough be made too hot when it is set with yeast in it to rise. As a root or seed will be in the ground for months without growing if the ground be cold so will yeast remain without life in a similar condition. And as a plant may be unnaturally forced to a sickly rapidity of growth till it falls of its own weight so do yeast and dough act when they are hurried too much by being kept as hot as they can be without killing them.

The best bread and yeast are made by giving plenty of time and gentle temperature for all the processes to be carried out in a natural manner.

Accidental freezing solid does not kill yeast, nor seem to injure it. This refers only to common degrees of cold, not extremes.

## 516. About Flour. Graham Bread, Rye-an'-Injun and Boston Brown.

In fact, great emphasis has been laid upon the quality and manufacture of bread from early times, when the whitest and finest was called *simnel* cakes, and was concocted chiefly to please the palate of the rich and high-born, as well as the *wastel* bread, not quite so aristocratic; while the *tourte*, or twisted loaf, and black bread made from the coarsest portion of the wheat, or from some inferior grain, fell to the share of the poor.

Nowadays we have discovered that the coarse fare furnishes more nutriment, and the rich have adopted it and made it popular — *Harper's Bazar*.

Every cure of corpulence must begin with these three maxims or absolute principles: discretion in eating, moderation in sleep, exercise on foot or horseback.

To abstain more or less rigorously from all that is floury and starchy tends to lessen corpulence.

You like bread; then eat brown or rye bread.

At breakfast, take brown bread as a matter of course, and chocolate rather than coffee. Strong coffee, however, with milk, may be conceded. Eat as little of the crumb of bread as possible. — *Gastronomy as a Fine Art*.

Perfect yeast, quick and strong, and so sweet and tasteless that no harm can result from using it plentifully is the first requirement for making perfect bread and the quality of the flour is next to be taken into account. The flour is too generally made to bear all the blame of poor bakings. A good bread maker with good yeast can make better bread from second rate flour than a second rate workman generally can from the finest. Yet in good hands the finest flour will produce rolls and loaves half as large again for their weight as those made of inferior flour. Shop bakers who have to count their profit by the number of loaves that a barrel of flour can be made to produce, know that several more loaves of the same weight, and of larger size, can be made from fine flour than from coarse, showing that the best takes up most water, and from the bread-



maker's point of view may be as cheap as the poor flour which costs less money.

The usual tests for flour do not generally amount to much in assisting the buyer. The miller's brand is his trade mark, and most of them try to keep up the quality of their best at an even degree of excellence. The brand is often the best guide.

If two or three samples of flour are placed in the hand side by side, and smoothed with a silver knife, the finest may be known by its greater freedom from bran. Yet when one sample is from red wheat, another from white, the appearances may be deceptive. White wheat does not make the whitest bread, in a general way. A handful of flour pressed in the hand, if good, will retain its shape, while coarse flour falls apart like sand. Yet the best flour newly ground will not answer to this test, and poor flour with age will.

Spring wheat flour may be white, but will not, unless in exceptional cases, make rolls and loaves of as good shape as winter wheat flour, they having a tendency to run out of shape, the dough being soft and sticky. It is winter wheat flour that makes the tall round handsome rolls and loaves.

Good flour is slow to go through the sieve, rolls up in balls and coats the sides. Poor flour passes through like buckwheat or meal.

Flour improves with keeping, especially in whiteness. It should have six months age before being used for fine rolls. Bakers sometime buy flour that has become caked in the barrels through long keeping, and mix portions of it with the newer flour to impart whiteness and strength.

It often improves the bread to mix two or three brands of flour together, particularly when one is older than the other. Spring wheat flour may be best worked off by having some old winter wheat flour to mix with it.

But this is all on the common assumption that good flour means fine, white flour, and the crowning glory of bread-making is to have bread snowy-white and delicate in taste and texture. A very large minority in our hotels, however, make known their preference for various kinds of bread of a coarser sort.

Graham flour should be the unbolted meal of wheat, but not only that, the wheat should be good plump grain, such as would make fine flour. Very often the appearance and handling is such that graham flour seems little else than bran and shorts, as if the thinnest wheat had been got rid of in that shape. In other samples the flour is made by taking seconds flour and mixing in an indefinite amount

of bran, defrauding the consumer of the finest portion of the flour altogether. The best remedy is to buy such flour only of a reputable miller who makes it a special care to select good wheat—generally white wheat—for the purpose. Another remedy is supplied by the proportions of the following receipts.

### 517. Graham Bread.

A standing article on the bill of fare of most hotels.  
2 pounds of graham flour, not sifted.

1 pound of white flour.

1½ pints of warm water.

½ pint of yeast. (1 cup).

1 teaspoonful of salt.

Commence 7 or 8 hours before time to bake. Mix the yeast and water together; strain them into the graham. It makes a stiff batter. That is the sponge. Let it stand in a moderately warm place about 4 hours. Then add the white flour, knead and pound the dough. Very slightly grease the pan it was started in, place the lump of dough in it, brush that over—no matter how slightly—with the butter brush and set to rise 2 hours more. Then make into loaves, rise and bake.

Graham dough rises faster than white, and after being made into loaves should not be allowed to rise or proof too much, lest it be too crumbly to slice well. The bakers usually bake these in round moulds.

Taking fine French rolls for the standard, graham rolls enjoy a degree of popularity in hotel service averaging about three to five. They are more difficult to make—or at least to bake—and a fine graham roll is not to be met with everywhere. They don't all know how to make them as nice as these.

### 518. Graham Rolls.

This is for fifty rolls of small size.

2 pounds of graham, not sifted.

1 pound of white flour.

1½ pints of warm water.

½ pint of yeast.

½ cup of reboiled molasses.

1 egg—2 whites are better.

1 teaspoonful of salt.

Set sponge with the graham at 9 or 10 in the morning, for rolls for supper; at about 1 add all the other ingredients and make it stiff dough. Let rise till 4. Then work the dough by spreading it out on the table, with the knuckles, folding over and pressing again repeatedly. Make into rolls in any of the ways to be hereinafter detailed for white rolls. Grease slightly between each one with a brush dipped in melted lard or butter. Brush over the tops with the same, and set the rolls to rise

about 45 minutes. Bake carefully about 15 minutes. Brush over with clear water on taking them from the oven. Keep hot without drying out.

There is philosophy or something like it in that one egg. It closes the pores in the crust and retains the air of fermentation that otherwise would escape from the rough graham flour, and the result is increased lightness, softness, and better shape. No shortening should be allowed in the mixture.

Such is the force of habit or custom, one must not expect to be accounted the best breadmaker in the world if our graham and brown breads be not brown, and our gingerbread be not "old-fashioned," that is dark colored. Graham rolls are expected to be light-brown in color. They don't look natural otherwise; they are nicer so and not so likely to be taken for second-rate French rolls. But now that the march of civilization has taken away our old-fashioned black molasses and given us colorless Illinois sorghum syrup instead, it is hard to see what else we can do but use a spoonful of burnt sugar caramel for coloring, else our brown breads cannot possibly be brown.

The trifle of sweetening called for in graham rolls makes the crust thin and soft.

It is far better to set the sponge with the graham so as to soak and soften the bran, instead of taking up white bread sponge and working stiff with graham, as is oftenest done "for short." Best bread-makers in the world use themselves to the right ways from the first.

Pastrycooks do not and need not measure the flour. They measure the three-fourths water and one-fourth yeast, and add all the flour needed to make dough. A cup, or half pint of fluid wets a pound of flour.

It is immaterial whether the dough be made by setting sponge, or batter with yeast in it, as previously directed, or all the ingredients put in a pan and mixed up at once. At night the latter way has to be adopted. The dough made by the receipt for graham rolls over night can be used part for loaves and part for muffins by the following short and easy method.

#### 519. Graham Muffins.

Makes about thirty.

2 pounds of graham roll dough.

2 ounces of butter.

2 ounces (a heaping spoonful) of molasses.

$\frac{1}{2}$  cupful of milk.

2 whole eggs and 2 yolks.

Take the dough that has been already prepared for making rolls. Warm it and the butter in a pan together. Put in the other ingredients and beat all together about 5 minutes. Grease tin muffin rings or gem pans. Half fill them. Rise half an hour. Bake 10 minutes. Brush over with butter or hot water. But if you have no light dough made the muffins can be set from the beginning with:

1 pound graham;  $\frac{1}{2}$  pound white flour;  $\frac{3}{4}$  pint milk; 1 cup yeast; salt, molasses, eggs, butter, as in foregoing receipt. Mix and let rise 4 hours. Beat 5 minutes, rise in rings till light, then bake.

Many of the people in poor health who frequent the springs and pleasure places for recuperation are extremely critical in the matter of such hygienic articles of diet as graham rolls and gems, and all the hints here given will be found useful in the endeavor to meet their requirements.

#### 520. Graham Gems.

Made with Baking Powder.

1 quart of unsifted graham.

1 quart of white flour.

4 spoonfuls of baking powder.

3 large cups of milk.

1 egg. Salt.

2 ounces of lard melted.

Have the milk tepid and mix the lard and egg in it; the powder and small teaspoon of salt to be mixed in the flour. Stir all together and beat for 3 minutes. Have the iron gem pans hot; drop in round spoonfuls of the fritter-like batter and bake ten minutes.

As it is none of our business to decide which are the very best gems, here is another receipt to be tried when the sameness of the foregoing has become wearisome:

2 pounds of graham; 2 eggs; 4 teaspoonfuls of baking powder; 2 heaping spoonfuls of syrup; small teaspoonful of salt;  $1\frac{1}{2}$  pints of milk or water. Beat all to a stiff batter. Make the gem pans hot and grease them. Drop in spoonfuls. Bake in slow oven 15 minutes.

#### 521. Graham Biscuit.

2 quarts unsifted graham.

1 quart flour.

2 ounces lard.

1 egg in the milk, (optional). Salt.

4 teaspoonfuls of baking powder.

Milk or water to make soft dough.



An hotel pastry cook and baker who had grown ashamed of himself, once told me that for years he went from one hotel to another, as pastry cooks do, and always finding the people earnestly wished for Boston Brown Bread, he as earnestly protested that it could not be made unless there was a brick oven in which to bake it 8 hours, and as only about one in fifty of American hotels own a brick oven this usually ended the argument.

And yet here and there would be some little house enjoying quite a reputation and a run of custom because of its much beloved Boston brown, or it might be only rye-and-injun, hot for breakfast or supper, or for Sunday mornings especially. No matter how, but as he grew wiser and older this pastry cook found the brick oven was by no means an article indispensable, and Boston brown that was a thousand times pronounced all that could be wished, he made by the following described methods.

## 522. Boston Brown Bread.

### Raised with Yeast.

- 1 quart of corn meal.
- 1 quart of graham.
- 1 quart rye flour.
- 1 quart white flour.
- 1 quart of boiling water.
- 1 pint of yeast.
- 1 small cup of molasses.
- 2 teaspoonfuls of salt.
- $\frac{1}{2}$  cup of burnt sugar coloring.

The method here recommended is materially different from the common troublesome process; first, because troublesome processes cannot and will not be carried out in hotels doing good business and secondly, because this way produces as good results as if one sat up all night about it.

Scald the meal by itself first, by pouring the boiling water on and stirring in a pan. Then add molasses, salt, caramel. If still hot, let it stand awhile before adding anything else. When only milk warm strain in the yeast, then mix in the graham and rye and the white flour last. The dough will be like graham dough and can be worked on the table. Part of the white flour should be left over to dust with. After a little kneading, slightly grease the pan it was mixed in, place the dough in it, cover with a cloth and let rise moderately warm about 6 hours. Turn on the table, knead a little, make into 4 or 5 loaves, place in round moulds or pails, let rise about half an hour or an hour if to be baked instead of steamed.

By this method no sponge is set, but the dough is mixed up stiff at once—care being taken not to let the yeast get scalded in the hot meal—greatly lessening the trouble. If commenced in the middle of the day the loaves will be ready for the oven after the

rolls at night, and should be baked two or three hours at very moderate heat. Or, mixed at night and made into loaves very early the bread may be baked in time for breakfast. But the best way is this:

Make up the dough as directed, at 7 in the morning. Work and make into loaves at 12 or 1. After rising one-half hour set the iron pails containing the loaves in the steam-chest, or in a boiler with water, and steam in this way till 5 30. Then bake one-half hour and serve hot for supper, the remainder answering for cold bread to toast.

When these loaves become hollow in the top it is because of too much rising or proof in the pails. Steaming does not arrest fermentation quick enough and they get too light and fall.

The foregoing is one way that requires good yeast. The next is shorter still and takes baking powder instead. It is hard to say which is the better. You can be happy with either.

## 523. Steamed Brown Bread.

### Made with Baking Powder.

- 2 pounds of corn meal.
- 1 quart of boiling water.
- 1 cupful of dark molasses.
- 1 pint of cold milk or water.
- 1 teaspoonful of salt.
- 6 teaspoonfuls of baking powder.
- 1 pound of graham.
- 1 pound of white flour.

Scald the meal with the boiling water. Add the molasses and then rest of the ingredients—the powder being mixed in the flour. Beat up thoroughly. It makes soft dough. Put it in 2 or 3 iron pails having lids and steam 5 hours or more, then bake about 20 minutes.

Hotel providers who would have brown bread by these easy methods always, need to provide a set of pails that will stand baking, having bales and lids. They should last for years and require to be made of the best Russia iron, as these properly cared for, greased while hot and wiped out, never discolor the bread. 5 inches across, 8 inches deep.

## 524. Rye and Indian.

No different method is needed but to change the ingredients of Boston Brown so as to leave out the graham and the flour and double the proportions of meal and rye in their place.

Bakers' rye loaves are made by the same method as French loaves, and will be found in that connection at a subsequent page.

## The Best White Bread and How to Make it.

### 525.

Archestratus, a friend of one of Pericles' sons; \* \* this great writer, during his travels, did not make inquiring into the manners of nations, since they always remain the same, but going into the laboratories where the delicacies of the table are prepared, he only held intercourse with those who could advance his pleasures.—*Philosophical History of Cookery*.

The ardent dietetic morality which extolled the bread that was coarsest, brownest, stalest and most truly home-made, and caused fine white and fresh bread to be swallowed as if it were a sin against nature, is classed among the "Isms of forty years ago" in one of the January magazines. Dr. Sylvester Graham of Connecticut, started the reform, which, running to great lengths at first, has resulted, in the long run, in a happy mean, a modification, a d greater variety in the popular bill of fare. The people in great numbers, who find the white rolls and bread irresistible may reap satisfaction from finding so eminent an authority as the author of "Gastronomy" in their favor. His prescription, the groundwork of his cure for thinness, for "a young sylph, or other airy creature, who wishes to assume a more material form" is "first of all, make it a general rule to eat nothing but newly-baked bread, especially the crumb, and plenty of it." And he had studied such matters all his life. But as there are dinners and dinners,—so Cardinal Richelieu remarks to his major domo, meaning that some are very bad,—so it should be said about bread. The rolls of Limet, of Rue de Richelieu, could not hurt anybody.

### 526.

On one occasion the writer was called upon as a probably competent judge to pass opinion on the work of one of the reputed very best bread makers. There is a dubious kind of excellence in this line as in everything else that does not feel able to stand alone but always wants somebody to keep saying it excels. Such was the case here. The bread was extremely fine, yet, I venture to say the people did not enjoy it except to look at, and felt that some essential quality was lacking. It was white as chalk and a good deal like it; fine-grained as delicate cake, but had no toughness nor elasticity and crumbled when broken, like meal. It had a sweetish insipidity of taste, instead of the hearty relishing wheat flavor of good bread. It was made so by an immense amount of *kneading the wrong way*.

These people did not invite instruction nor criticism, only praise. I said the bread was superlatively fine, and the lady was one of the best breadmakers in the world. That the bread was not good was a mental reservation. We all frequently make bread that is fine but not good, and they that have such for their regular diet sometimes find in a loaf of

common bakers' bread a new revelation of how sweet the taste of bread can be, and wonder whence springs the difference. It is not what the bakers put in the bread but the proper method of working.

Just the other day a magazinist spoke of good bread making as a lost art. A figure of speech, perhaps, or else the opinion of a lover of good bread whose experiences have been bad; but if there be any grounds for such an idea to rest on the cause may be found in the unwillingness of instructors in cookery to properly dwell upon so seemingly simple and self-evident a matter as the proper way of kneading dough. And very recently another intimated how many persons accustomed to "biscuit streaked with saleratus and heavy with lard, regard rolls white and light as newly-fallen snow as something belonging to the households of princes, to the King of France's Kitchen, but not to be freely eaten by common folks." Now it is cheaper to have good bread than bad, and the bare formula for making it being so little and the understanding how so much, we are going to do our best to endeavor to draw attention to what the knack of making bread both good and fine consists in—yeast and flour being good to begin with.

It took one, otherwise excellent, pastry cook ten years to discover this knack for himself, but he was all the while the worst mystified man imaginable, because he had, when a boy, made rolls that people would eat in preference to anything else, while now every other kind of bread was preferred to his handsomest rolls. The fault with them was the same as with the lady's fine, brittle and tasteless bread already spoken of.

This man had been shown how to work in a routine way in a large bakery without ever being impressed with any idea of the particular way being essential to good quality, and when, afterwards, in a French kitchen where ornamentation was run to the extreme at the expense often of good flavor, he exercised his ingenuity till he could make rolls in forty different fancy shapes, he found, after all, they were in little demand. He worked all the life out of the dough in making it into curls. Then in a busy time a very common fellow came along and was set to make the rolls. He was too common even to have a name except a familiar Tom, Dick, or Harry and was quite unconscious that the rolls he made were the first that had ever been eaten with a real zest and favored with a constantly increasing demand in that house. But after that the fancy breads were neglected and there was less cry for toast. Even the "help"—excellent judges of what is good, although discretely silent—would steal the new man's rolls out of the corners of the pans as they passed—a thing never known to be done before, as long as a biscuit could be had.



And all the difference was in two different ways of working the same materials. The superiority of the common fellow's rolls and bread was all owing to his kneading the dough the right way.

### 527. Common Bread Dough.

As a rule use one-fourth yeast to three-fourths water.

The good potato yeast with no germs of sourness in it, such as we have already directed how to make, does no harm in still larger proportions when the weather is cold or time of mixing late. But the whitest bread is made when the dough can have long time to rise, not hurried up.

1 pint of yeast.

3 pints of warm water.

1 heaping tablespoonful of salt.

8 pounds of flour.

Makes 8 loaves of convenient size.

### 528. Setting Sponge.

Strain the yeast and water into a pan and mix in half the flour. Beat the batter thus made thoroughly. Scrape down the sides of the pan. Pour a spoonful of melted lard on top and spread it with the back of the fingers. This is to prevent a crust forming on top. Cover with a cloth and set the sponge in a moderately warm place to rise 4 or 5 hours.

### 529. Making up the Dough.

The sponge having been set at 8 in the morning, beat it again about one, add the salt and make up stiff dough with the rest of the flour. Knead the dough on the table, alternately drawing it up in round shape and pressing the pulled-over edges into the middle and then pressing it out to a flat sheet, folding over and pressing out again.

Brush the clean scraped pan over with the least touch of melted lard or butter—which prevents sticking and waste of dough—place the dough in and brush that over, too. Where economy reigns the strictest a little warm water in a cup, and teaspoonful of lard melted in it will do for this brushing over and insures the truest saving and smoothest bread. Let the dough rise till 4.

### 530. The Important Ten Minutes Kneading

At about 4 o'clock spread the dough on the table by pressing out with the knuckles till it is a thin uneven sheet. Double it over on itself and press the two edges together all around first. This imprisons air in the knuckle holes in large masses. Then pound and press the dough with the fists till it has become a thin sheet again, with the inclosed

air distributed in bubbles all through it. Fold over and repeat this process several times. Then roll it up. It will be

LIKE AN AIR CUSHION.

Let it stand a few minutes before making into plain rolls, cleft rolls, or loaves.

### Making Dough at Night.

It would be a great hardship and in most cases impracticable to make the night dough by the sponge method, although the shop bakers do so, and work it in the middle of the night. Quite as good bread can be made by mixing up into stiff dough at first, provided proper precautions be observed. The danger is of too much fermentation, the dough being ready to bake hours before the time. When a sponge is set the fresh flour added to it hours after checks fermentation, but when all the flour is wetted at once, there is no check except the coolness of night keeps it back. In summer the dough may be mixed up with ice water instead of warm, at any time after supper and fermentation will not begin for some time after, while the flour is becoming whiter all the time for being so long in the dough state.

### How Much Kneading.

Small quantities of dough can be easily injured by too much kneading. The true plan is to keep kneading till its India rubber-like toughness causes it to begin to break instead of spread out. Then stop and let it lose its springiness before kneading again.

### 531. Premium Family Bread.

To have bread superlatively white and fine grained and good besides, put the dough through the preceding described kneading process three or four times half an hour apart. The dough made up stiff over night should be kneaded at 4 in the morning and again an hour after, in order to make good rolls for breakfast. This helps to make up for the loss of the thorough heatings of the sponge when the sponge method is practiced.

### 532. Cooks and Bakers.

"Why, good heavens! we have lost our way. But what a delightful smell there is here of hot bread, Andree."

"That is by no means surprising," replied the other, "for we are close to the door of a baker's shop."—*Dumas*.

Anciently,—we read in Roman antiquities—the cook and baker were one. In the hotel work of the present the same rule holds. This little book recognizes a distinction between the hotel baker or pastry-cook and the shop baker. The latter seldom does well when he tries hotel work. The hotel pastry-

cook going into a bakery generally makes the goods richer than shop rules and profits will allow. This book applying to hotel ways pursues a new path and is necessarily a little at variance with baker's methods. If it were a baker's routine we should have to describe three bucket sponges or ten bucket sponges; and when the baker makes up his dough he adds to his three bucket sponge about as much more warm water.

This plan of adding more liquid to the sponge is commendable for checking too rapid fermentation—best way when loaf bread only is to be made, but not for rolls or fancy breads. The bakers' ways are referred to for illustrations for comparison chiefly.

The essential points in bread making are the same whether in shops, hotel kitchens, or private houses. When to the baker's proper ways of working, we in hotels add the small amount of enriching ingredients which they do not need and cannot afford in their larger operations, we produce the extra fine rolls and extra bread, having which people think they can almost dispense with everything else.

The lump of dough already prepared, smooth and like an air cushion, lies in layers or flakes, and it is another part of the art of good bread making not to disturb them much in making up. It might be hard to explain why this stringy texture preserved in the loaves should make a difference in the taste, but it is plain it does, and in this lies the desirableness of what are known as French loaves.

### 533. Baker's Cleft Rolls.

#### Petits Pains.

Take a portion of the dough flat as it lies and without working it at all, spread it with hands and rolling-pin to a sheet less than an inch thick. Cut this into  $2\frac{1}{2}$  inch squares. Take two opposite corners and press them into the middle, making long cushion shapes with pointed ends. Place them smooth side up on baking pans with plenty of room between. Brush over with water. Let rise nearly an hour. Just before putting in the oven cut them lengthwise with a down stroke so as to nearly divide the two halves. Bake in a hot oven about ten minutes.

### 534. Baker's French Loaves.

The same as the preceding, of larger size. Cut the entire piece of dough in about 10 pieces. Flatten out without kneading. Bring two opposite corners together and press them into the middle and press the loaf sides together in long, pointed shape. Then there are two ways of proceeding.

1. Place each loaf with the smooth side down in a flowered napkin or piece of clean flour sack and set them to rise an hour that way, in a deep pan or box just touching. The oven being ready, turn the loaf right side up on to the peel, cut it lengthwise down nearly to the bottom, and slip it to its place on the oven bottom.

2. The above plan not being convenient to practice, make the loaves as before and place them right side up in the usual hotel baking pans, brush over with water, rise, cut as before, and bake in the pans. There should be plenty of room between. Brush with water again when done.

The bakers pursue a method so laborious in making their flaky, stringy French loaves as would forever deter weakly people from trying, if it were the only way. But in this case knowledge is literally power. The dough carefully kneaded on the table in the way that has been directed reaches the same condition as if it had been worked in a trough with water with an immense expenditure of strength.

### 535. Hotel Loaves.

The crusty cleft loaves not being suitable to slice for the table, nor for toast, we make of the same dough slightly worked, a better sort. Cut the dough in eight pieces and mould them up round, but not enough to destroy the texture—only from 6 to 12 turns. Let stand on the table a few minutes. Press them out like dinner plates. Bring over two opposite edges and press them into the middle and place the long loaves side by side in the pans.

#### To Prevent Splitting at the Ends.

It is curious to observe that the simple way of folding the loaf just described prevents splitting open at the ends in baking, while one more folding in of the other two sides has often the opposite effect and causes much waste of bread that cannot be sliced.

It makes a thin crust to bread and the loaves to part clean and even if they are brushed over with a touch of melted lard when placed in the pans.

### 536. Plain Rolls.

Mould the dough into little round balls and place them just touching in the pans, slightly greased between. Rise an hour; bake 20 minutes; brush over with water when done. Keep hot without drying out or sweating the bottom on the iron pan.

We shall come to the more delicate sorts of rolls further on.



**537. Baker's Milk Bread.**

Make up the sponge and dough for this the same as for common bread, but use sweet milk instead of water. Its merit is its whiteness, fine grain, and sweetness of taste like French rolls. There are three essential points to be observed.

1. Beat the sponge and dough extremely well, only adding the flour gradually and beating it in.

2. Have the dough as soft as it is possible to knead it well, too soft to keep good shape as loaves apart, and bake the loaves in tin moulds.

3. Put it in to bake after the rolls come out. As it must be of light color outside and browns too easily it can only have a slack oven to bake in. Brush over the loaves with milk when done.

**538. Rye Bread.**

The proper method with rye bread is the same as with French loaves, that is, the dough is to be worked in layers and nothing added but salt to the yeast and water; the dough made up rather stiff to keep good shape, and when the loaves are put in the oven, instead of a long downward cut merely score the rye loaves across diagonally three or four times.

But for hotel use, where there is no brick oven, it does as well or better to make long loaves in pans as already directed for ordinary hotel bread.

**Some Cheap and Good Varieties of 539. Sweet Breads.**

There is old Lindsay of Pittscottie ready at my elbow, with his Athole hunting, and his "lofted and joisted palace of green timber; with all kind of drink to be had in burg and land, as ale, beer, wine, muscadell, ma'vaise, hippocras, and aquavita; with wheat-bread, main-bread, ginge-bread, beef, mutton, veal, venison, goose, grice, capon, coney, crane, swan, partridge, plover, duck, drake, brissel-cock, pawnsies, black-cock, muir-fowl and caper-caillies; not forgetting the excell'g stewards, cunning baxters, excellent cooks, and pottingars, with confections and drugs for desserts."—*Old author quoted by Scott—Waverly.*

We had dinner—where by the way, and even at breakfast as well as supper at the public houses on the road, the front rank is composed of various kinds of "sweet cakes," in a continuous line from one end of the table to the other. I think I may safely say that there was a row of ten or a dozen plates set before us two here. To account for which, they say that when the lumberers come out of the woods, they have a craving for cakes and pies and such sweet things, which there are almost unknown. And these hungry men think a good deal of getting their money's worth. No doubt the balance of victuals is restored by the time they reach Bangor—Mattawamkeag takes off the keen edge.—*Thoreau—The Maine Woods.*

So it appears from these extracts "ginge-bread" has been thought worthy to be mentioned in place in the grandest kind of a feast, and there are places

where all sorts of sweet cakes are eaten with a hearty relish.

We who have to serve such kinds side by side with hot French rolls need such assurances as the above—seeing our sweet breads and cakes come back again neglected. The simpler kinds of sweetened breads and good ginger bread seem to be more acceptable in the ordinary hotel where the "balance of victuals" is always nicely adjusted, than the richer sorts yet to come.

**540. German Baker's Coffee Cake.**

4 pounds of light bread dough.

8 ounces of sugar.

8 ounces of butter or lard.

1 egg. (Not essential.)

Take the dough at noon and mix in the ingredients all slightly warm. Knead it on the table with flour sufficient. Set to rise until 4 o'clock. Knead it again by spreading it out on the table with the knuckles, folding over and repeating. Roll it out to sheets scarcely thicker than a pencil, place on baking pans, brush over with either water or melted lard, or milk. Rise about an hour. Score the cakes with a knife point as you put them in the oven to prevent the crust puffing up. Bake about 15 minutes.

One of the attractions of this plain cake is the powdered cinnamon and sugar brushed on top after baking, the cake being first brushed with sugar and water. Cut in squares and serve hot.

The foregoing makes a sheet of cake large enough to cover a stove top.

**541. Pic-Nic Bread.**

Another form of the coffee cake, cheap and good for school pic-nics and the like, and for sale.

Mix a few raisins or currants in the German coffee cake dough. Roll out pieces to the size of dessert plates and half inch thick, brush over with a little melted lard, double them over like large split rolls. Rise and bake like bread, and brush over with a mixture of water, egg, and sugar.

**Current Buns—Chelsea Buns. 542. Washington Buns.**

Hot for supper. No eggs required. Favorite sort and quickly made. This makes 45.

4 pounds of light bread dough.

8 ounces of currants.

8 ounces of softened butter.

8 ounces of sugar.

It is soon enough to begin these 2 hours before supper. Take the dough from the rolls at say 4 o'clock. Spread it out, strew the currants over and knead them in. Roll out the dough to  $\frac{1}{4}$  inch sheet.

Spread the butter evenly over it and the sugar on top of that. Cut in bands about as wide as your hand. Roll them up like roly-poly puddings. Brush these long rolls all over slightly with a little melted lard so that the buns will not stick together in the pans. Then cut off in pieces about an inch thick. Place flat in a buttered pan, touching but not crowded. Rise nearly an hour. Bake 15 minutes. Brush over with sugar and water. Dredge sugar and cinnamon over.

**543.****Common Rusk, or Buns without Eggs.**

- 4 pounds of light bread dough.
- 6 ounces of butter or lard,
- 8 ounces of sugar.
- 1 tablespoonful of cinnamon extract.

Take the dough at about noon and work in the other ingredients. Let stand an hour, then knead thoroughly. At 4 o'clock knead again, mould into round balls, grease between each one as you place them in the pans. Rise an hour, bake 20 minutes. Placed close together in the pans they are the ordinary sweet rusks. Set some distance apart they are round flat buns; may be sugared on top and have currants or caraway seeds mixed in the dough. The richer French varieties will be found further on.

**544. Yeast-Raised Gingerbread.**

- 4 pounds of good light bread dough.
- 1½ pounds of dark molasses.
- 12 ounces of butter or lard.
- 1 tablespoonful of ground ginger.
- Little cinnamon, or other spice.
- Flour to work up to soft dough.

An egg or two does not hurt it. Make up by the coffee cake directions. Dredge granulated sugar over the top when done. Good for supper, hot.

Speaking of gingerbread, however, the next, although not made with bread dough, is the best sort yet discovered for hotel suppers. Gingerbread is inclined to be tricky and uncertain, or more properly speaking, sticky and uneatable, if not made with care. Too much molasses or too much soda or powder are usually the faults. This can be made with buttermilk and soda if desired.

**545. Sponge Gingerbread.**

- Sometimes called black cake and spice cake.
- 1 pound of molasses.
- 6 ounces of sugar.
- 8 ounces of butter, melted.
- 1 pint of milk.
- 6 eggs.
- 1 ounce of ginger.
- 2 teaspoonfuls of baking powder.

2 pounds of flour.

Melt the butter in the milk made warm, and pour them into the molasses and sugar, mix, add eggs, ginger, powder, flour. Beat up well.

**545 a. Fairy Gingerbread.**

- No eggs needed.
- 1 cup butter—7 oz.
- 2 cups light brown sugar—13 oz.
- 1 cup milk—½ pint.
- 4 cups flour—1 pound.
- 1 teaspoonful ground ginger.

Warm the butter and sugar slightly and rub them together to a cream. Add the milk, ginger and flour. It makes a paste like very thick cream. Spread a thin coating of butter on the baking pans, let it get quite cold and set, then spread the paste on it no thicker than a visiting card, barely covering the pan from sight. Bake in a slack oven, and when done cut the sheets immediately into the shape and size of common cards.

**546.****"Old Fashioned" Gingerbread.**

- 1½ pounds of molasses.
- 8 ounces of butter or lard.
- 3 eggs.
- 1 ounce of ground ginger.
- 1 teaspoonful of soda, large.
- 2 pounds of flour.
- 1 pint of hot water.
- Salt when lard is used.

Melt the butter and stir it into the molasses and then the eggs, ginger and soda.

The mixture begins to foam up. Then stir in the flour, and lastly the hot water, a little at a time. Bake in a shallow pan.

The three varieties preceding do well as small cakes, baked in patty pans or gem pans. The next, besides doing for sheet gingerbread, can also be made into the plainest ginger cookies. Need brushing over with milk to look well. Sugar or comfits may be dredged on top.

**547.****Soft Gingerbread without Eggs.**

- 1 pound of molasses.
- 6 ounces of sugar.
- 1 pint of milk.
- 8 ounces of butter.
- 1 tablespoonful of ground ginger.
- 1 teaspoonful soda and same of baking powder.
- 4 pounds of flour.

Warm the butter with the sugar and molasses and beat up about 5 minutes. Mix in the soda and all the rest of ingredients.



It makes dough that can be rolled out and baked on pans.

However, it is easy enough to make ginger cakes. But the baking of them—"aye, there's the rub!" There are cooks who, while the range is hot, cooking supper, can bake gingerbread of a nice light color without burn, gall, or bitterness, but—

#### 548. English Tea Cakes.

2 pounds of light bread dough.

12 ounces of sugar.

12 ounces of butter.

4 eggs.

$\frac{1}{2}$  pound of flour to work in.

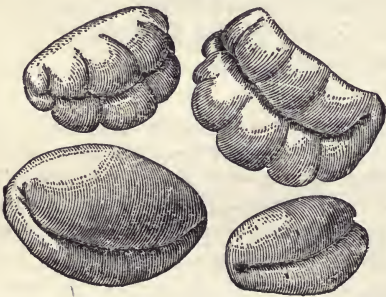
$\frac{1}{2}$  pound of currants.

Takes about 5 hours time. Mix all the ingredients with the dough in the middle of the day. Let rise till 4. Then beat the dough well with a spoon—it is a little too soft to handle—and spread it thin on buttered pie plates. Rise about an hour. Bake, and split open and butter them.

One teaspoonful of caraway seeds will suit better than the currants in some countries. Where the children have been raised on "Abernethy biscuits," to wit; and know what caraway seeds are. In contrary situations it hurts a house, and the cook's sensibilities to have people picking the seeds out, thinking they are dirt.

#### 549. Hotel "French Rolls."

##### An Inquiry into their Origin.



Dishes worthy of special attention had their name and quality ceremoniously proclaimed.—*Philosophical History of Cookery*.

An uncommon dish was introduced to the sound of the flute, and the servants were crowned with flowers. In the time of supper the guests were entertained with music and dancing. \* \* \* but the more sober had only persons to read or repeat select passages from books.—*Roman Antiquities*

The kinds of rolls shown in the cut, which are understood to be *par excellence* French rolls, are of chief interest to us in hotels, for the two reasons that everybody likes them—most potent consideration

where the aim and end of all endeavor is to please—and that they, at least, appear to be of American origin.

I said as much once to an old and educated Italian cook who had been a great traveler, but he smiled:—"America is too young to have any cookery of her own; you can find a foreign origin for every dish you have. I remember seeing such rolls as those on the tables at restaurants and *cafés* in Europe, when a boy, over fifty years ago." Yet at last this was but a conjecture. He could not be sure that what he saw were not the baker's cleft rolls mentioned some pages back, and which have no great merit over ordinary baker's bread. One of the best American domestic cook-books also mentions "the cleft rolls which we so often find on the tables of the city restaurants." And we still remain in ignorance, even if they prove the same, whether they may not have been presented by America to Europe at first. The name, French roll, may be but an American application, as if it had been taken for granted that whatever is admirable in cookery must be French. It is the popular understanding of a split roll or pocket-book shape that can be pulled open hot, and admits a lump of butter within its melting clasp, but never so far as I can find out has been described in any but American books and those domestic.

The earliest dated mention of French rolls I have met with in the merely cursory search which such a minor matter justifies, is the following, recently republished in the *REPORTER* from "Forney's Progress":

\* \* \* \* "A public resort known as Spring Garden. The hotel attached to the premises was situated on the late site of the Museum, at the corner of Ann street, (New York). In 1760 I find the advertisement of John Elkin, its proprietor, offering to the public, 'breakfast from 7 to 9; tea in the afternoon from 3 to 6; the best of green tea and *hot French rolls*, pies and tarts drawn from 7 to 9; mead and cakes.'"

This shows that *French rolls* were "the thing" at a date even anterior to the culminating period of modern French cookery, before the revolution.

But the French rolls of that advertisement; of the quotation from Savarin at the opening of this book, of the quotation from Bulwer at the head of the next division—the French rolls of the tradespeople who buy them hot for breakfast of the bakers in all the European towns are only little round loaves—crowded into the pans so that they rise to a tall shape, and taken from the oven at intervals, kept smoking hot under green baize covers—made a trifle richer than ordinary bakers' bread. The split roll shown in the picture is in all likelihood an American improvement.

In "Quentin Durivard" (chap. iv). Sir Walter Scott gives the most explicit information in this re-



gard. At the breakfast—"There was a delicate ragout, with just that *petit point de l'ail* which Gascons love and Scottishmen do not hate. There was the most exquisite white bread, made into little round loaves called *boules*, (whence the bakers took their French name *Boulangers*) of which the crust was so inviting that, even with water alone it would have been a delicacy. But the water was not alone"

The probability that split rolls are an American improvement is strengthened by the apparant absence of any mention of them in the best foreign cook books. Seeing how suitable the shape shown in the cut is for sandwiches one would have expected Jules Gouffe (about 1860) to adopt it instead of this circumstantial direction for "rolls with foie-gras;" he says, "Take 24 small French rolls of an oval shape,  $2\frac{1}{2}$  inches by  $1\frac{1}{2}$ , rasp the rolls and sit them open lengthwise without separating them entirely." The *Cuisine Classique* directs much the same way, to cut off the tops of roll and brioche, (sort of butter rolls) and remove the inside crumb, for sandwiches and timbales. So also the "Modern Cook," (1840) and, later, "Model Cookery," which only directs to make French rolls in long shapes placed side by side. A number of lesser works either ignore French rolls altogether or treat the making up in round balls as a matter of course.

On the contrary, the writer of these lines worked with a man, A. Nelson by name, making both the shapes shown, as far back a 1850, on one of the old-time, high-living floating palaces of New Orleans, and found them then as ever since the most popular of all. The man's home was at Nashville, Tenn. Judging from his age and experience and his unconsciousness of there being any novelty in this sort of rolls it seems fair to assume that he had been used to them for ten or fifteen years before. Some four or five years after I saw the same in Cincinnati and Evansville, under the name of Parker House rolls. Since then in numerous American publications they may be found called by those and other names—Tremont House rolls for one.

Mr. Charles Wood, for an ordinary lifetime baker at the Tremont House, Boston, drawn out in reply to a newspaper paragraph crediting him with the origination of *French* rolls in this country—meaning the split rolls shown in the cut—only dates back the making of his pattern about twenty-six years, and explains that Mr. Paron Stevens required him to make rolls like some he had seen on a European tour. Mr. Wood does not in his published letter say that the rolls he produced were the same as the European, but only that after several months trial he produced what satisfied Mr. Paron Stevens—who may still have had in mind the French *brioche*, or even the

cleft rolls whose texture is in flakes and coils, and their merit being individual loaves.

It appears that the general hotel and traveler's understanding of the term is by no means universal. Let us make rolls French, according to the European understanding, and never so good, if they be round, tall, oval, oblong or twisted, some person will send them back, and looking at the bill-of-fare will say bring him some *French* rolls. And another great lover of bread will say, "these are all very well, but you ought to see the *French* rolls they have at—" some other house. Nevertheless a letter from Russia published in the *REPORTER* two years ago remarked how much better the delicate soft rolls there were "than the French, which are nearly all crust."

These Russian rolls were doubtless the same as our "French." Puzzled by these diverse ideas I wrote to the Royal Baking Powder Co., who had exhibited the making of "Vienna Rolls" with powder at the Centennial, in Philadelphia, and the president kindly answered with drawings showing for French rolls, the cleft crusty loaves of the bakers—directions for making which have already been given at length—and their Vienna rolls were in shape like those, plain ones, in our picture. There is a remark in one of the higher-class cook-books recently published, that hot breads for breakfast and supper are but little used except in the West. Accordingly our hotel French rolls are not described in it at all. And yet the Parker and Tremont Houses are in the East, and Boston people everywhere are exhibiting their rolls to the heathen with pride. Are those Boston hotels to be regarded as deriving much of their fame from the introduction of this peculiar institution where before it was unknown? As an example of how a thing may have various names in different localities: Last year a Canadian hotel steward who went West and conducted a first-class house, well knew the merit and importance of fine rolls, yet so little acquainted with their usual name that he had them printed on his bill-of-fare "buns." So without really appearing on the bill at all, the split rolls experienced an increasing demand from three or four hundred to over eight hundred at a meal, and so it went till about the time the third batch of supper and breakfast bills were to be printed, when the pastrycook ventured to intimate that "buns" were very rarely called for, but the "no names"—the French rolls which did not appear at all upon the bill were having a tremendous run all the same. Then the name was printed right. It is not to be inferred that the hotel steward was ignorant, but only that these rolls were not familiarly known in the section whence he came.

Perhaps nine out of ten of the people outside the circulating intelligence of our hotels, if asked the



meaning of the term "pocket-book roll," would guess it to mean a roll of five and ten dollar bills—sometimes called greenbacks, and sometimes Spinnerisms. It is no such thing, but a roll just like those in our cut. It is a local domestic name for the hotel French roll. A Western author, Miss Farnman, of Michigan, so describes it and the method of making, in the "Cooking Club of Tu-whit Hollow," in the children's *Wide Awake*, and speaks as if the appellation were one well known and understood among home folk, although so strange to our hotel bill-of-fare. However, it must be owned, our rolls are the more like a pocket-book, (with silk or satin covers) the better they are made; for there is more sense in having a somewhat flat shape, not too thick for a bite, than the taller form that is neither loaf nor slice

Through all the foregoing, and many other considerations too tedious to mention, I have arrived at the *suppositions* that French rolls, as understood by commercial travelers and other hotel frequenters, are of American origin; that they were evolved out of the competition between Boston hotels; that they were first a specialty of the Parker House, that thence they spread rapidly to wherever there was good living, because the travelling people went bragging about them, and that they have found their way like pilgrims and strangers into the domestic world, contentedly taking any pet name that may have been thrust upon them. All of which is respectfully submitted.

### 550.

However that may prove to be, I would advise that rolls of any other shape be denominated on the bill-of-fare simply hot rolls, and the term French roll, in American hotels, should always be understood to mean a split roll like these shown.

**French Rolls. Parker House, Tremont House, or Pocket-book Rolls.**



Sacred heaven! what masticators! what bread! —*Quentin Durward.*

"Well," said Mr. Copperas who, occupied in finishing the buttered cake, had hitherto kept silence, "I must be off. Tom,—I mean De Warens,—have you stopt the coach?"

"Yees, sir."

"And what coach is it?"

"It be the Swallow, sir."

"O very well. And now Mr. Brown, having swallowed in the roll, I will e'en roll in the Swallow—Ha, ha, ha! At any rate," thought Mr. Copperas as he descended the stairs, "he has not heard that before."—*Bulwer—The Disowned.*

Perhaps we, behind the scenes in hotels, take different views of what is important, from the majority of people. With the matter in hand, for instance. Individuals, or a family, may never even see a hot roll on their table, and yet never realize how unfortunate they are. The "sour grapes" philosophy may help them, and they believe hot rolls are not wholesome, anyway. It is really of no consequence in isolated cases. But when a whole hotel full of people show a decided liking for rolls, so that they could not well enjoy a meal without, does not the increased size of the matter justify our case? There are lean times, too, in hotels, when the meat is poor, game out of market and spring lamb not come in; when poultry almost disappears and oysters are no more; neither choice vegetables nor new fruits have arrived. Then the regulars grow discontented and seek new pasture—at the restaurants where sliced baker's bread is set before them—at the opposition hotel where, whatever else they may try to have, the rolls are unwholesome wads of dough, or dry and unpalatable biscuits and grimy cakes. Then the regulars return to their proper homes like good boys, and say it is all very well over there, but they don't have good rolls—and with such rolls as these they can almost dispense with everything else. In such cases may not the pastry-cook claim a right to loom up tall and exalt his trade?

### 551.

### French Rolls.

For about 60 split rolls.

3 large cups of water or milk.

1 large cup of yeast.

1 ounce of salt. (A heaping tablespoon.)

2 ounces of sugar.

2 ounces of lard or butter.

4 pounds of flour

Set sponge at 8 in the morning with half the flour.

At 12 or 1 add all the enriching ingredients and work up stiff.

All the detailed instructions for making the dough and kneading it the right way have been given already under the head of common bread.

After the 4 o'clock kneading proceed to make the dough into rolls.

Persons in practice find it quickest to pull off pieces of dough of right size and mould them up instantly.

1. Others cut off strips of dough, roll them in lengths and cut these up in roll sizes.

2. Mould them up round with no flour on the board and only a dust on the hands, and place them

in regular rows on the table—the smoothest side down

3. Take a little rolling pin—it looks like a piece of new broom handle—and roll a depression across the middle of each, as in the cut.

4. Brush these over with the least possible melted lard or butter, using a tin-bound varnish brush for the purpose.

5. Double the rolls, the two buttered sides together as seen in the cut below, and place them in the pans diagonally, with plenty of room so they will not touch



6. Brush over the tops of the rolls in the pans with the least possible melted lard again and set them to rise about an hour—less or more according to temperature.

7. Bake in a hot oven, about 10 minutes. Brush over with clear water when done.

Keep baking at short intervals and keep hot without drying out.

The particular feature of these rolls, it is seen, is the folded shape, allowing them to be opened when done, and this is the result of brushing over with butter. Rolls placed close together in pans will part clean and entirely separate wherever they have been so greased between in the making.

The preceding receipt producing fine French rolls, good enough for anything, the next are no-names. The addition of eggs and butter does not make a vast difference, but still makes them creamy colored and crisp.

And if a body choose to name either of the two for some favorite hotel, need any other body kick? Possibly their name may be Parker, Tremont, Revere, Brunswick, French, Clarendon, St. James or Windsor rolls. Who shall decide or prove what they are?

### 552. No-Name Rolls. No. 1.

3 large cups of milk.

1 large cup of yeast.

3 ounces of sugar.

3 yolks of eggs.

4 ounces of butter, melted.

1 ounce of salt.

All the flour the fluids will take up, or  $4\frac{1}{2}$  pounds

Make up either sponge or stiff dough, as may be most convenient. The latter way is best at night. All the ingredients may be put in at once, but the milk should not be made too warm in summer, when the dough has to be made 12 hours before wanted.

### 553. No-Name Rolls. No. 2.

#### Richest.

3 cups of sweet milk.

1 cup of yeast.

6 ounces of butter, melted.

6 yolks of eggs.

3 ounces of sugar.

1 ounce of salt.

All the flour it will take up—or about 5 pounds.

A larger proportion of yeast may be used in winter

The dough ought not to want coaxing under a stove to rise. Our yeast made from good stock brings the dough up fast enough anywhere in a warm room, and bread thus easily raised is always the best and sweetest. Half yeast to half milk or water is better than too little.

If these pocket-book shaped rolls are such general favorites, why are they not universally adopted and found everywhere? The directions a little way back numbered 1 to 7 explain the reason why.

These rolls are very tedious to make and take up one person's time from all other kinds of bread. When business is dull the pastrycook makes them in great perfection for the few people, but as soon as the house begins to fill up the work begins to crowd and the tedious split rolls are discontinued just at the time when they are really needed and would do most good. The remedies are, to leave out the unimportant kinds and give the time to these, and where it is impossible to give these rolls the 5 or 6 handlings, rather than abandon, cut them out instead. To do this, roll the dough to a sheet as if for biscuit. Brush over with melted lard. Cut out and double over. French rolls made without yolk of egg will come out the smoothest-looking when baked, if made that way.

### 554. Butter Rolls.

Sometimes called tea cakes, and also Sally Lunn.

2 pounds of light bread dough.

1 ounce of sugar (a spoonful).

4 ounces of butter.

3 yolks of eggs.

1 teacup of milk or cream.

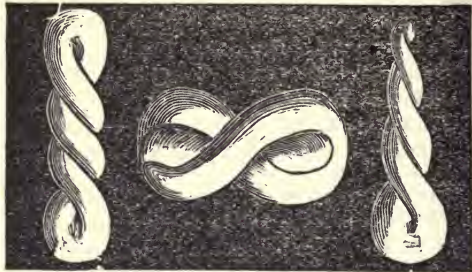
1 pound of flour to work in.

Take the dough, already light, 4 hours before the meal, and mix in all the ingredients. Let rise 2 hours. Knead, then make the dough into round balls and roll them flat. Brush over with melted butter and place two of the flats together, one on the other. Press in the center. Rise an hour, and bake. When done, slip a thin shaving of fresh butter inside each and brush the top over slightly, too. Should be made very small if to serve whole, or as large as saucers, to cut.



### 555. Fancy Twist Rolls.

For variety's sake a few simple shapes should be practiced, besides the plain, round and oblong kinds



TWIST ROLLS OR COFFEE CAKES.

### 556. Sandwich Rolls.

- 1 pound of puff-paste.
- 2 pounds of French roll dough.

Roll out in thin sheets, separately, place one on the other, fold over in three, like pie paste, and roll out thin. Fold over and roll out once more; then cut out and butter and fold over to make pocket-book rolls, or else in round biscuits. Rise and bake same as rolls. When no pie paste on hand, butter may be spread and rolled into the dough with the same effect.

### 557. Finest Hotel Bread.

Sometimes called Vienna bread, and French bread.

Make the dough by the receipt for French split rolls, and knead it several times according to the extended directions already given for common bread.

This makes bread so white and fine that it vies with the napkins on the best appointed tables, and elicits admiration from the most fastidious. It is a feather in the hotel baker's cap when very particular, excellent and discriminating housekeepers outside, send to beg a loaf of this extra fine bread for their company days. That's the only sort of premiums hotel fellows are ever allowed to win. Remember, this bread should be kneaded 3 or 4 different times, at intervals apart.

### 558. Doughnuts for the Million.

A regular Cape Cod man with whom we parleyed, \* \* \* he looked as if he sometimes saw a doughnut, but never descended to comfort—too grave to laugh, too tough to cry, as indifferent as a clam. \* \* \* He stood in front of us telling stories and ejecting tobacco juice into the fire right and left. \* \* \* At breakfast we had eels, buttermilk cake, cold bread, green beans, doughnuts and tea late of the apple sauce and the doughnuts, which I thought had sustained the least detriment from the old man's shots.—*Thoreau—Cape Cod.*

Why does everybody laugh when there are doughnuts in the case? Even Thoreau, who laughs but seldom. There is a pleasant little piece about

doughnuts in the *Congressional Record*, that was spoken by a Pacific coast senator—it is too long to repeat here—and it is said all the senators laughed at that. But if we place on the board some royal doughnuts, perhaps the original kind with their original German name *krapfen*—krapfen with apricots or with cheese, or flavored with orange flower water, it looks as if it will be hard to find the fun that dwells in native doughnuts, and, essentially, that is all these are, though they have appeared in regal bills-of-fare.

### 559. German Puffs.

- 1 pound of light bread dough.
- 6 ounces of butter.
- 2 ounces of sugar.
- $\frac{1}{2}$  cup of milk.
- 10 yolks of eggs.
- $1\frac{1}{2}$  pounds of flour.
- Little salt.

These can only be made the soft, light yellow puff-balls they ought to be, by a strict and thorough method of working the ingredients together.

Take the dough 6 hours before the meal and mix in the butter, sugar, milk and salt. Set in a warm place awhile, then thoroughly beat together. Add two yolks at a time and flour by littles alternately, beating against the side of the pan. Then turn out the dough and knead it on the table. Set away to rise about 3 hours. Knead the dough twice more, as directed for rolls, but more thoroughly, till air will snap from the edges when pinched. Mould out in little balls. Brush these over with melted lard to prevent hardening outside. Rise half an hour or more on greased pans. Fry in sweet lard. May be sugared over or served with sauce, or as doughnuts, cold. They soak grease if raised too much

### 560. "Little Pittsburgh" Doughnuts.

These are doughnuts with a little history attached—but let us make them first.

- 4 pounds of light bread dough.
- 8 ounces of sugar and syrup mixed.
- 2 eggs.
- 2 or 3 ounces of lard, melted.
- Powdered sugar to dredge over.
- Lard to fry.

Take the dough from the breakfast rolls, say at 9 in the morning, in Winter. In Summer the dough worked up at mid-day will do. Mix in the ingredients, let stand half an hour. Work up stiff with flour sufficient, and set to rise about 4 hours. Then knead, and roll it out to a sheet. Brush over the whole sheet of dough with very little melted lard. Cut out with a two-pound tomato can, and cut out the middle of each with a little empty two ounce ground cinnamon can. This makes rings, which

must be set to rise on greased pans about  $\frac{1}{2}$  hour, then dropped in hot lard. Sift sugar over when done. They cook in about 5 minutes.

When Leadville first began grinding in crowds of mining men poor, and grinding them out rich, the poor men as they went in were often hard put to it for something to eat, and they never laughed at a doughnut, but treated it with respect. As saloons, boarding houses, clothing stores, stables, theatres, and even saw-mills and wood yards hastened to call themselves the "Little Pittsburgh," for the very famous mine which was at first the life of the camp, the bakers did likewise, and the makers of the preceding excellent doughnuts finding them a sort of bonanza as yet undeveloped, hastened to call them Little Pittsburghs, too. Pursuing this vein they went on and advertised extensively. You could get a Little Pittsburgh doughnut for ten cents at any hour of the day or night, and a glass of dried-apple cider for the same price; but in a commutation arrangement you could get a doughnut and a glass of the cider together for fifteen cents. So Little Pittsburgh doughnuts became a part, and indeed, a leading feature of the camp. They were in two-line local notices scattered all through the papers, so that nobody could miss them. It seemed, in fact, as if all the news was gathered for the express purpose of drawing attention to doughnuts. One day it would be:

"Two hundred and fifty thousand dollars has been offered and refused for the Chrysolite mine." And as a sequel:

"There's nothing in camp can equal those Little Pittsburgh doughnuts." Or, perhaps:

"Our esteemed fellow citizen fell down a shaft 500 feet deep, last evening. He struck on his head and probably never knew what hurt him."

"O! those Little Pittsburgh doughnuts are so very fine, if you try them once you'll buy them every time, at the Union Bakery."

So, although the doughnuts were always the same, there was always something fresh and pleasant to give them a new zest. Sometimes it would be only a hanging, or a midnight garroting, but the chorus of doughnuts kept right on at the end of every performance, great or small. As a consequence these doughnuts had a great run. It is hard to fathom motives. Perhaps some people ate them for spice, trying to abolish them and their "damnable iteration," but of course that was useless, there were plenty more where these came from. They were placed in a tentative way on the best hotel tables, and they took—or at least the people took and partook. Evidently these Little Pittsburghs were popular with all.

But the halcyon days of ten-cent doughnuts were short and few, for soon competition came and began cutting them out with three-pound tomato cans in-

stead of two-pound, making them so much larger. Not satisfied with that, other competitors left out the eggs and half the sugar and sold at five cents. There was no margin to pay for advertising in that. Little Pittsburgh doughnuts weakened and came down and the advertising ceased. None may know what subtle connection there may be in the cases, but both the Leadville newspapers soon after died, and the Little Pittsburgh mine itself experienced a temporary collapse. I think it would have paid both the papers and the mining company to have gone on advertising the doughnuts at bed-rock prices, or even free, for when they left them out they left out the spice of the paper, and as the doughnuts had boosted Little Pittsburgh it would only have been fair for Little Pittsburgh to boost—but it is useless moralizing.

The next are the cheap, light-colored and large doughnuts that knocked the bottom out of the rich, brown Little Pittsburghs.

### 561. Cheapest Doughnuts.

#### Made without Eggs.

4 pounds of bread dough

6 or 8 ounces of sugar

4 ounces of butter or lard

Make same way as the preceding. Take care to have the sugar all well dissolved, and having kneaded the dough very thoroughly do not let the doughnuts rise much, lest they soak up grease.

### 562. Bread Doughnuts.

Only plain dough, or French roll dough. Cut out biscuit shapes, let rise, and fry. These are very often found at railroad lunch stands; nearly as cheap as bread and butter, and very saleable.

There is a suspicion of tautology in the direction sometimes given to fry in *hot* lard; however, that is the shortest way of saying the lard should be already hot.

### 563. Some Krullers.

The cakes at tea ate short and crisp.—*Goldsmith*. Cruller, Kruller. Old English, crull, curled; crule to curl. German, krulle, something curled.

A curled or crisped cake boiled in fat.—*Webster*.

The bakers for doughnuts, but women should make the crullers every time. Too heavy a hand with the sugar and, worse still, with the baking powder will make them a burning disgrace, a greasy stain upon hotel cookery. Besides, only women know how or have patience to curl crisp crullers into wonderful knots, twirls, twists and ringlets.

The primitive form of cruller is plain beaten biscuit dough, rolled extremely thin and cut into ribbons, then fried. A handful of sugar added to the dough makes a better kind, and many are the



people in the domestic world who would not give them in exchange for any more cake-like varieties.

For hotel supper tables, to change with doughnuts, the following are the best.

#### 564. Crullers. Best and Quickest.

- 2 pounds of flour.
- 3 or 4 teaspoonfuls of baking powder.
- Large half pint of milk.
- 4 ounces of butter.
- 6 ounces of sugar.
- 4 eggs. Salt. Nutmeg flavor.

Mix the powder in the flour. *Dissolve the sugar in the milk, add the eggs, and the butter melted, salt and flavor. Pour this fluid mixture into the middle of the flour and mix up like biscuit. Cut out and fry right away. A quick way to shape them is to cut in rings with a double cutter, having a small cutter in the middle, and another way is to cut the thin rolled sheet in bands with a paste jagger, and divide that into pieces like three fingers attached at one end—or like a fork head. Sugar over when done.*

These crullers take twice as much time to fry as doughnuts.

#### 565. Richest Crullers, or Fried Cakes.

Good to keep, to send to folks by stage or express, or to pack up for a fishing party or a mountain climbing. Don't put any baking powder in them.

- 12 ounces of powdered sugar.
- 6 eggs. Flavoring.
- Half cup of milk.
- 6 ounces of butter.
- 2 pounds of flour.

Mix up like cake, by creaming the butter and sugar together, then beating in the eggs and milk and flour. Roll out, cut in shapes and fry.

In addition to the foregoing, it may be useful to remember, all the rusks, buns and brioches can be fried as doughnuts when there happens to be more dough than is needed to bake.

#### 566. Albany Rolls. Vienna Rolls. Delavan Rolls.

Make good roll dough with the finest flour and knead it well in layers as already directed for other varieties.

The milk bread dough is understood to be the proper article, but the hotels where milk can be had for bread-making must be very few, and no person not otherwise informed can tell the difference betwixt that and our French roll dough.

1. Mould out little balls as for split rolls.
2. Roll these out in shape of plates, and very thin.
3. Fold these by bringing over two opposite

edges and making them meet in the middle, and then bring over the other two edges likewise, making a square piece of folded dough.

4. Roll this out a little flatter, brush over with melted butter or lard, and fold over like other split rolls. They are square ended instead of half moon shapes.

This is the slowest and most tedious of all shapes, but the rolls are almost as flaky as pie paste.

#### 567. BRIOCHE AND RUSKS,

For Breakfast, Lunch and Tea.

Perhaps you want to know what sort of a breakfast one gets at Young's. I wish this was an essay on housekeeping, so that every point could be enlarged upon. But the same wonder comes up at every notable restaurant, why people can't have just as good eating at home every day and why they never by any possibility do so. Why the dining-room cannot be as cool, as orderly and spotless, the melon as crisp, the salad as fresh and piquant, the cutlet as brown without, as melting and juicy within, or the bread and butter as perfect as that at Young's, will always be remarkable to any one condemned to domestic interiors.—*Boston Letter in N. Y. World.*

Dust unto dust; what must be must.

If you can't get crumbs, you had best eat crust.

—*Old Song.*

She would talk of the last tragedy with the emphatic tone of a connoisseur, in the same breath that she would ask, with Maria Antoinette, why the poor people were so clamorous for *bread* when they might buy such nice *brioche* for two-pence apiece —*Bulwer-Pelham.*

The above allusion to brioche appears in nearly the same words also in one of Dumas' prefaces—"Louise de la Valliere"—I think, but the solecism circulates with the point upon other articles of diet as well; as in one place the surprise is that poor peasants should *prefer* potatoes to meat, and only last month, in a magazine, it was a "French princess," and "chicken broth."

So far as living on the best of bread goes, there need be no reason why people condemned to domestic interiors should have to suffer from the comparison with those in hotels and restaurants, for after the details of the simple art of making it, set forth in these columns, there is only needed diligence and a proper degree of pride in the resulting product.

The English are corrupting our language dreadfully. They call our crackers biscuits; our biscuits they call Scotch scones; our muffins, if they have them, seem not to be called muffins, for that name is given to a poorer sort that is baked on a kind of griddle, and in like manner they call our rusk buns, while fresh and hot, and only accept them as rusks when sliced and dried brown in the oven.

Brioche and French rusks, the half dozen varieties of hot breads which seem to be popularly associated with those names in the United States, are unsurpassed for the afternoon teas which are becoming fashionable, and for lunch, and for French breakfasts of bread and coffee.

We find "*brioche, with cheese*," and with fruit, also forming parts of a course in some "royal" dinner menus.

At the great meat, fowl, fish and potato suppers and breakfasts of American hotels, these kinds seem to find no proper place. They are well worth practicing, however, for more domestic occasions, and have always been considered the highest test of skill in bread-making.

### 568. Brioche, or Butter Rusks.

1 pound of good, lively, roll dough.

6 ounces of butter.

2 ounces of sugar.

Half cup of milk or cream.

10 yolks of eggs.

Little salt.

1½ pounds of flour.

They require 5 hours time to make, raise and bake.

Warm the butter, sugar and cream, with the dough, together in a pan, and then mix thoroughly. Beat in the yolks, two at a time, and most of the flour, gradually bringing the mixture to a smooth, yellow dough. Then knead it thoroughly, and after that set it away to rise. In about three hours knead the dough the second time, and an hour after knead once more, then make out as directed for French rolls and notch the edges with a knife, to make the shape shown in the cut of rolls.

They rise and bake in the same time as rolls. Brush over with butter when done.

### 569. The Many Uses of Brioche.

It being eminently French, and every French cook making brioche by a different receipt—usually with more butter than the foregoing—as might be expected, this unsweetened kind of cake figures considerably in French cookery. One says it is a spongy kind of cake resembling Bath buns. Another says it should be rich, yellow and like a sponge, whence it takes its name. One mixes raisins, currants and shred citron in it for lunch and tea bread, and makes it in various fancy shapes and twists, also in large cakes. Another bakes the dough in form of round rolls, cuts off the top, takes out the crumb and fills with chicken or other meat, or, bakes in little moulds like oval gem pans, removes the inside and places in the shell or timbale thus made a cooked bird with its gravy and dishes a pyramid of these on a napkin. Still another steeps

slices of brioche in orange syrup and fries them inclosed in batter as fritters; and at a costly and elegant dinner given in New York, on last Christmas, "brioche crusts, with fruit" appeared among the pastries. But the following sweet varieties might be employed for that.

One point in bread making that, like hand-moulding, can only be learned through practice is the right pitch of lightness to be allowed. Some stress has been laid on the lightness, sponginess and large size of rolls and loaves, because of the aversion we all have to heavy bread, which is ruinous to health. The inexperienced are cautioned against running to the other extreme. There is a point when the rolls have reached a certain height they begin to settle out of shape and to crack open. A little before this is the time to bake.

Butter rusks of our pattern should open and curl backwards in baking, therefore should not be brushed over with butter when panned as rolls are.

### 570. French Sweet Rusks. Richest.

The receipt for making these is inquired for at places where they are made in perfection, perhaps oftener than any other. They are cakes rather than bread; very showy, and never fail to attract notice. Should only be attempted with the strongest yeast or lightest dough, as they are otherwise slow to rise. The art to be acquired through practice is to make them *elastic* and pleasant eating, not clammy like half-baked bread.

1 pound of light dough.

6 ounces of butter.

4 ounces of sugar.

6 yolks and 1 whole egg.

Half cup of milk.

Flavoring as indicated below.

1½ pounds of flour.

If for afternoon tea, take the dough from the breakfast rolls, and six hours before the rusks are wanted place it in a pan with the butter, sugar and cream. Let all get warmed through and the butter softened, then mix them thoroughly. Next add the eggs and flour by littles, alternately, beating the mixture up against the side of the pan, to make it smooth and elastic. Spread the last handful of flour on the table, knead the dough as for rolls, pressing and spreading it out with the knuckles, and folding it over repeatedly. Set it in a warm place for 2 or 3 hours. Then knead it the second time. Every time the dough is doubled on itself the two edges should be pressed together first. When the dough of this and of the brioche receipt is good and finished it looks silty, and air will snap from the edge when it is pinched. After this see



and kneading the dough should stand an hour and then be kneaded once more and made into shapes. The smaller notched shape in the engraving of rolls is perhaps the best for these. Do not brush over the tops with butter lest they run out of shape. Rise in the pans  $1\frac{1}{2}$  hours. Bake in a slow oven fifteen minutes. Brush over when done with sugar, egg, and water, mixed and flavor with vanilla, and dredge granulated sugar over.

A little flavoring may be added in the dough; either vanilla extract, vanilla and rose mixed, orange or nutmeg; but for a nice variation grate in the rind of one or two lemons and squeeze in some of the juice.

If to be made overnight without light dough for a start, all the ingredients can be mixed at once by taking a pint of yeast and half pint of milk—or nearly all yeast—adding all the other articles and flour to make soft dough.

### 571. French Sweet Rusks.

#### Best Every-day Sort.

2 pounds of light dough.  
4 ounces of sugar.  
4 ounces of butter.  
4 yolks of eggs.  
Large half cup of milk.  
Flour to make it soft dough.

### 572. English, or Hot Cross Buns.

1 pint of "liquor"—being half yeast, half water or milk.  
1 teaspoonful of salt.  
4 ounces of sugar.  
4 ounces of butter, melted.  
2 eggs—or 4 yolks, better.  
Nutmeg or other extract.  
Flour to make soft dough.

Mix up everything at once. Manage according to extended directions for rusks. Make into round balls flattened. Brush over with syrup when done.

But then rusks will still be dry rusks or "tops and bottoms," according to some understandings of the term, and hotel pastry cooks are often called on to make them at pleasuring places, for wine parties, and for out-door occasions.

### 573. Brussels Rusks.

Take, for preference, the dough made by the receipt for rusks designated as the best every-day sort, and when finished make it in long loaves and bake in tin moulds of brick shape. When a day old slice these and brown the slices in the oven.

Brioche dough is used in the same manner as the above, and also with caraway seeds mixed in. A teaspoonful does.

### 574. Marlborough Rusks.

Make the one pound common sponge mixture—it has already been twice given in the book of puddings—and add thereto one ounce of caraway seeds. Bake in long, narrow moulds. When a day old slice, and brown the slices in the oven. These crisped slices can be kept a long time, and serve much the same purpose as sweet crackers.

### 575. Russian Wine Rusks.

This and the next succeeding kind want the same skill in making that sponge cake does. They belong properly to the department of cakes, and may be used as such as well as in the form of dry rusks.

14 ounces of granulated sugar.

12 eggs.

8 ounces of almonds.

8 ounces of unbolted flour.

1 teaspoonful of almond extract.

Crush the almonds with the rolling-pin on the table without removing the skins, and then mix them with the half pound of graham flour—which should have the coarsest bran sifted away from it before weighing. Beat the sugar and eggs together in a cool place about half an hour. When perfectly light and thick stir in the flavoring and the flour and almonds. Bake in long, narrow moulds. Slice, and brown the slices in the oven.

### 576. Anisette Rusks.

8 ounces of granulated sugar.

10 eggs.

4 ounces of almonds.

6 ounces of flour.

A quarter ounce of anise seed.

Mince the almonds as fine as possible, and without taking off the skins. Mix them and the anise seed with the flour dry. Then beat the sugar and eggs quite light, as for sponge cake, and lightly stir in the flour, etc. Bake in long and narrow moulds, and when a day old slice, and brown the slices on both sides in the oven.

### Muffins, Waffles, Gaufres, Flapjacks.

At last, to be sure, Mr. Warrington burst into a loud laugh. It was when the poor chaplain, after a sufficient discussion of muffins, eggs, tea, the news, the theatres, and so forth, pulled out a schedule of his debts—*Thackeray's Virginians*.

There were piping hot wheaten cakes—no Indian bread, for the upper part of Maine, it will be remembered, is a wheat country—ham and eggs, and shad and salmon, tea sweetened with molasses, and

sweet cakes in contradistinction to the hot cakes not sweetened, the one white, the other yellow, to wind up with. Such we found was the prevailing fare, ordinary and extraordinary, along this river.—*The reau-The Maine Woods.*

Beautiful evening! For these all poets have had a song \* \* \* We love to feel the stillness, where all, two hours back, was clamor. \* \* \* We love to fill our thoughts with speculations on man—even though the man be the muffin man.—*Bulwer-Paul Clifford.*

### 577. English Common Muffins.

Baked in rings on a huge griddle and carried around to customers, from the shops. Simply a common bread sponge of the cheapest, the muffins being pulled apart and toasted, almost invariably, before they are eaten.

2 pounds of flour.  
1 quart of mixed water and yeast.  
1 tablespoonful of salt.

Mix the above together carefully, to have no lumps in it, at noon. The water should be warm and the sponge set to rise in a warm place. At about 3 beat the sponge thoroughly, and the longer the better, with spoon or paddle, and let rise again. Beat up again before using. Set tin rings the size of saucers on the griddle, half fill them with the batter, let bake light brown on the bottom, then turn them over and bake the other side. The batter should be thicker than for pancakes and thinner than fritters.

The preceding being the cheapest made for sale, private parties make richer qualities with milk and a little shortening.

The Boston muffin man had a name for some kind of a hot breakfast and tea cake which the great word-catcher dictionaries have failed to rake in. The word was pyflit; his painted sign read "Muffins, Pyflits, Oatcakes, Goffers, Made Here by ———." His place was a red brick, private house on Li- quorpond street—of course everybody knows Li- quorpond street, Boston—it leads into High street on the north and the Witham river runs at the back of the old brick stores on the further side of that, and the river itself is as lively as a street when the tide is up, although its channel to the sea is only maintained by means of bundles of wicker stuff, like the Mississippi jetties. The muffin man used to start out punctual to the moment, morning and evening, and cry "muffins and pyflits"—and them only, so his literary customers must have known what "pyflits" meant. In that they had the advantage of these columns. In saying literary customers we only give honor where honor is due, for Boston has always been famous for literature and good hotels. The Roberts Brothers were located in Narrow Bargate, opposite the "Red Lion Inn"

They used to issue a compendium with their almanac, and tried to please the Middlemarch people and "lay over" John Noble, the other book-eller, by leaving out the horse-doctoring matter and signs of Zodiac, and putting in fine pictures from the art union instead. These Roberts', striking into a new path right through the fences of old custom, were both young men. But of the hotels, the "Peacock" was the one patronized by the American travellers. (Hawthorne's England and Italy.) The "Red Lion" was frequented, principally, by "Cripps, the Camer," and the "White Hart" by the farmers, and the "White Horse" by market people. Boston steeple, that most remarkable landmark, towers, an architectural glory, into the world of rooks and crows, three hundred feet above these all. It can be seen thirty miles out at sea, and from Lincoln Minster, thirty miles the other way. But of course every Bostonian knows of the presence of this great tower, although he may never raise his eyes to look at it so common, nor care to remember old John Cotton, the preacher. But the Boston muffin man with his mysterious pyflits, not to be found in the una bridged, was an object of more immediate interest. The people "off the Skelligs," and John Halifax, Gent, should know what pyflits are, but as for us we can only jump to the mild guess that they must have been crumpets under an ancient name.

### 578. Cheapest Yeast-Raised Batter Cakes Without Eggs

#### English Crumpets.

1½ pounds of flour.  
1 quart of warm water.  
1 cupful of yeast.  
1 basting-spoonful of melted lard.  
1 " " of syrup  
1 small teaspoonful of salt

Mix all the ingredients together like setting sponge for bread—with very cold water if made over night for breakfast, or else 6 hours before the meal with warm. Beat thoroughly both at time of mixing and just before baking.

Such cakes as these, baked rather dry and not too thin, are made and sold in shops which have no other business but these and muffins in all the cities.

The "crumpets" are commonly toasted in their native lands.

### 579. Wheat Batter Cakes. "Flannel" Cakes.

2 pounds, or quarts, of flour.  
2 quarts of warm water.  
1 cup of yeast.  
1 basting-spoonful of syrup.  
4 ounces of melted lard.  
4 eggs. Salt.

Mix the flour into a sponge with the yeast and



water, either over night or 6 hours before supper. An hour before the meal add the enriching ingredients and beat well.

**580.****Baking Powder Batter Cakes.**

Mix up, just before the cakes are wanted as in the preceding receipt, but without yeast. Just before you begin to bake add two or three large teaspoonfuls of baking powder, take the large wire egg whisk and beat the batter thoroughly—a vast improvement.

Hotel cooks probably have different estimates of the public likes and dislikes from other and domestic peoples'. Their opportunities are different. The conditions are different. The restraints are removed from the people who eat, and they indulge their tastes without the hindrances of economic considerations. The cooks know no individuals, but as the tide comes and goes they learn what the tide of humanity likes to consume the most of. For instance, one favorite article which is not found half often enough is graham cakes.

**581. Graham Batter Cakes.**

- 1 pound of graham flour, not sifted.
- 1 pound of white flour.
- 1 quart of warm water.
- 1 cupful of yeast.
- 2 eggs. Salt.
- 2 ounces of syrup.
- 2 ounces of melted lard.

Set the batter as a sponge like other yeast-raised cakes, either over night or 6 hours before supper, and add the enriching ingredients an hour before baking.

And, anything for a change, sometimes your people take streaks, and the prevailing fashion is for rice cakes.

**582. Rice Batter Cakes.**

One heaping coffee cup of raw rice makes the following quantity:

- 1 quart of cooked rice.
- 1½ pints of milk.
- 1 pound, or quart, of flour.
- 1 basting-spoonful of syrup.
- 4 to 6 eggs.
- 1 teaspoonful of salt.
- 2 " " baking powder.

Mash the dry-cooked rice in a pan with a little of the milk, which should be warm, till there are no lumps left, then add flour and milk alternately, keeping it firm enough to work smooth. Add the other ingredients and beat well. Buttermilk and soda can be used if desired, instead of powder and sweet milk.

**583. White Bread Cakes.**

- 1 pound of bread crumbs.
- 12 ounces of flour.
- 3 pints of water or milk.
- 4 eggs. Salt.
- 2 teaspoonfuls of baking powder.

Remove all the dark crust from the bread, and then soak it in a quart of the water several hours, with a plate to press it under. Mash smooth and add the flour, the pint of milk or water, eggs and powder. It always improves batter cakes to beat the eggs light, before mixing them in. No shortening nor syrup needed for the above.

**584. Graham Bread Cakes.**

Make like the preceding, with part graham flour, and the crumbs of graham bread

Corn cakes will be found, with other preparations of corn meal, near the end of this book.

Speaking of the way the English mis-call things, there is a very pretty London cook book making the remark that something in the batter cake line is baked on a "girdle" in Scotland, where "girdles" are in common use, but as they are little known in England the cake must be baked on the stove plate. The idea of calling a griddle a girdle! The griddle is in common use in New Jersey, but is little known in York State. And if no griddles in England what do they do for buckwheat cakes? Dreadful supposition—perhaps they have none! Time for somebody to start American kitchens over there. So that is the reason why Scotland is apostrophized as

"Land o' cakes! and John o' Groates,"

And barley bannocks; and England is not honored with any such title—how can she be, with no "girdles". What is home without a "girdle"? Her people are emigrating.

**585. Buckwheat Cakes.**

- 2 pounds of buckwheat flour.
- 2 quarts of water.
- 1 cupful of yeast.
- 1 teaspoonful of salt.
- 1 large basting-spoonful of syrup.
- 1 " " " of melted lard.

Make a sponge or batter, overnight, with the warm water, yeast and flour. In the morning add the enriching ingredients, beat up well and bake thin cakes on a griddle

The great majority of people prefer buckwheat cakes with about a fifth part corn meal mixed with the buckwheat. And twice as much shortening as above will please them better. No eggs need ever

be used with buckwheat.

After the first mixing with yeast some of the batter may be saved and used instead of yeast for several succeeding days. A teaspoonful of carbonate of soda may then be needed to be mixed in the batter in the morning, but cakes made that way, for some reason, are more palatable than with sweet yeast—care being taken to proportion the soda to the degree of slight sourness.

### 586.

The neatest way to grease the cake griddle is with a piece of ham rind cut off large for the purpose, and the batter should be poured from a pitcher, or a can having a coffee pot spout.

Where the smoke and smell is an objection the cakes can be baked just as well without grease, not only on soapstone griddles but on iron ones as well, if they be rubbed with a cloth after every baking, to keep them polished. We do not insist on the adoption of the cleaner plan, because cakes half fried are eaten with a better relish than the others—and hotel cooks are not expected to be reformers.

### 587.

Goffers are gaufres, and they are wafers, or thin cakes, whence waffles, which are, or used to be, called also soft wafers. But thin cakes were of more than one sort. Almond gaufres and some others are a kind of candy cakes, thin and crisp. Flemish gaufres are our waffles, but made so rich that they are used as a pastry dish for dinner with jellies and marmalades. They are also used in all their richness for breakfast, where expense is no object, but can hardly come under the head of breakfast bread in ordinary. The next receipt is the happy mean which just suits.

### 588. Hotel Waffles.

- 3 pounds of flour.
- 3 pints of milk or water.
- 1 pint of yeast.
- 5 ounces of sugar or syrup.
- 8 ounces of melted lard or butter.
- 1 tablespoonful of salt.
- 10 or 12 eggs.

If for supper make up a sponge at noon, plain, with flour, water and yeast. At 4 o'clock add the enriching ingredients, beat up well and let rise again till 6, then bake in waffle irons.

### 589.

#### Waffles for Early Breakfast.

The waffle batter of the foregoing can be set over night with cold water, but it saves making a separate sponge when there is roll dough ready in the morning to take 2 pounds of the dough and work in the butter melted and a little of the milk made warm. Let stand a few minutes, then beat smooth,

adding the rest of the articles, and in an hour it will be ready to bake.

### 590.

#### Waffles with Self-Raising Flour.

- Or with baking powder, or buttermilk and soda
- 2 pounds of flour.
- 2 quarts of milk (nearly.)
- 4 whole eggs.
- 12 yolks.
- 8 ounces of butter, melted.
- 1 basting-spoonful of syrup.
- 1 teaspoonful of salt.

Powder, 2 teaspoonfuls if common flour be used.

Mix up just before the meal, like battercakes gradually, with the milk in the middle of the flour to avoid lumps. The eggs should be thoroughly beaten.

### 591.

#### Flemish Waffles, or Gaufres.

Very rich and delicate when directions are followed. This is only half the quantity of hotel waffle receipt :

- 1 pound of flour.
- 2 cups of milk.
- 1 cup of yeast.
- 1 cup of thick cream.
- 8 ounces of butter, melted.
- 12 eggs. Salt.
- 1 ounce or spoonful of sugar.

Set a sponge over night, or else 6 hours before the meal, with the flour, milk and yeast. In the morning separate the eggs, beat the yolks light and add to the sponge, together with the sugar, butter and salt. Beat up well, let rise an hour. Then whip the cup of cream and stir in, and lastly the whites of eggs beaten to a froth.

### 592.

#### French Sweet Waffles, or Gaufres.

- Made without yeast.
- 1 pound of flour.
- 6 ounces of sugar.
- 14 eggs. Salt.
- 1 pint of milk.
- 1 pint of cream.
- 1 ounce of butter, melted.
- $\frac{1}{2}$  cup of brandy.

Separate the eggs. Mix flour, sugar and salt dry, in a pan. Beat yolks and milk together, pour them in the middle and stir to a batter, smooth and without lumps. Then add the brandy and melted butter. When about to bake whip the pint of cream to a froth and mix it in, and then beat the whites up firm and add likewise. Bake soon, while the mixture is creamy and light. When the batter must stand and wait during a long meal a little baking powder should be beaten in after the lightness of the cream and egg-whites has evaporated. This



makes fine pancakes as well.

### 593.

As a rule, for those who would excel, it is well to remember that white of eggs makes waffles and pancakes tough and leathery unless added in the form of froth, which carries fine air bubbles into the batter. When not so beaten the cakes will be better with the whites left out altogether and powder used instead, along with the yolks which alone give the richness. Just such fine distinctions as these well observed make the difference betwixt fine cooks and those who loaf, out of employment, on street corners.

### 594. Baking Waffles.

Waffles, it must be owned, are the terror of hotel cooks in ordinary positions, chiefly because people will persist in taking waffles just before they begin the meal, waffles for the meal, and more waffles just after the meal, making nine hundred orders of waffles for three hundred persons. But as waffles make a house popular and are a means of distancing competition hotel stewards and proprietors often find it good policy to look upon waffles without prejudice, and provide for their extensive manufacture by furnishing the proper waffle range, thus saving a hand and no end of confusion, waste, smoke, inconvenience, profanity and disappointment. Of course this applies to large business. A stove and the common waffle irons may do very well for fifty persons—the gauge of these receipts.

Sweet waffles burn so easily that they cannot be baked fast. When waffles do not brown fast enough add sugar or syrup. The only remedy for waffles sticking to the irons is to keep the irons in constant use with scraping and rubbing out with lard while hot, and avoid letting them burn with nothing in them. To bake waffles, pour in one side a spoonful of melted lard, shut up and turn over the iron two or three times and then place a spoonful of batter in each compartment. Shut and turn over to the fire frequently till both sides are brown.

### 595. Rice Waffles.

1 quart of dry cooked rice.  
1½ pints of milk.  
1 pound of flour.  
4 eggs. Salt.  
10 yolks.  
1 basting-spoonful of butter.  
1 “ “ of syrup.  
2 teaspoonfuls of baking powder.  
Mash the rice with the milk, mix up like rice batter cakes.

But to divert attention from waffles it is only

necessary to announce clam pancakes. And surely they are a Yankee invention and of local fame only at that, for nowhere in print, not even on clam can-labels can such a dish apparently be found. This is the route by which clam pancakes have reached these columns: A number of pleasure-seeking people occupying the broad piazza and the hundred rustic chairs at a hotel in the shadow of Pikes Peak, between dancing and promenading and the pause in the music got to talking about the sea-side and per consequent about clams. There was one among them who had travelled on the staff of the Grand Duke Alexis, and speaking of various persons' likes and preferences it came at last to “O, clams plain are all very well, clam fritters, clam stew, clam patties, but leaving out chowder there is nothing made of clams equal to our Yankee clam pancakes”.

“Why cant we have them here?”

“Why of course we can.”

It is true Pikes Peak is a long way from Clamdom but canned clams do very well. The cook had to be instructed, and after that still ventured to ask “What do you eat with them?” “Butter and syrup, just like any the other batter cakes,”

### 596. Clam Pancakes.

2 cans of clams (2 lb. size).  
1 pound of flour.  
1 pint of the clam liquor  
1 pint of milk. Salt.  
10 yolks of eggs.  
4 ounces of butter, melted.  
A spoonful of syrup.  
1 heaping teaspoonful of baking powder.  
Cut or chop the clams a little larger than beans.  
Mix the batter as for other batter cakes, add the clams at last, and bake on a griddle.

There is a biographical dictionary across the street, but no use looking in that for Sally Lunn. Who was she? A muffin peddler? Some common body, else she would not have been called Sally. Perhaps a female “good fellow,” who invited folks to take a cup o’ tea. Maybe a village Hampden or a Howard, or a female Cromwell guiltless of anybody’s blood, yet a great backbiter. But “no further seek her merits to disclose;” she might turn out to have been like a certain Aunt Melissy of Pennsylvania, recently sketched in a magazine, who kept boarders, was famous for her savory pot-pies and doughnuts, but who sold whiskey and swore terrifically.

### 597. Sally Lunn Tea Cakes.

2½ pounds of roll dough.  
4 ounces of butter, melted.  
3 ounces of sugar.  
2 whole eggs and 2 yolks

Half cupful of milk.

8 ounces of flour.

Take the dough from the rolls at 2 o'clock, and work in the enriching ingredients—the milk warm, and sugar and butter melted in it and eggs beaten light—then add the flour and beat thoroughly.

It makes dough too soft to handle, and like fritters.

Rise 3 hours. Beat again. Divide in four pie pans. Rise half an hour. Bake about 15 minutes. They brown very easily; are not so good when allowed to become too light; should be brushed over with good butter when done. Cut in pieces like pie, but carefully, with up and down strokes of a sharp knife, as it spoils the cakes to crush them with a heavy cut. Should be baked at intervals as the meal goes on, and not sweated in the pans.

The next, and last in this division, are presented as something of a specialty in breakfast breads. They have been very frequently complimented, (always remembering that nothing can quite supplant fine French split rolls) and once I heard this:

"We have penetrated behind the scenes to see if we can discover what particular trick it is that makes these muffins so delicate, so fine and elastic and like a sponge. We have boarded in the G—House at Louisville, the B—House at Cincinnati, the B—House at Indianapolis," (these remarks were made several years ago) "but never met with any to equal these."

"We use here the finest flour, perhaps that's the reason."

"No, it isn't. So they do there, and have the best of pastrycooks, too."

"Perhaps you come to breakfast here at seasonable hours when the muffins are fresh baked and hot."

"No, it is in the muffins themselves and the way you make them."

Perhaps they had been used to regard hotel muffins as dry, little, unpalatable things that would grease the fingers to touch. The receipt for the sort which they esteemed so much better is here given, but that is not all. As was remarked about milk bread, butter rusks, sweet rusks and waffles the thorough beating properly performed with a cutting-under motion, so as to inclose air in the batter, is quite essential to insure fine quality.

## 598. Hotel Wheat Muffins.

2½ pounds of light bread dough.

4 ounces of butter, melted.

½ cupful of milk or cream.

5 yolks and 1 whole egg.

2 teaspoonfuls of sugar.

4 ounces of flour.

Little salt.

Take the dough from the breakfast bread at 5 in the morning. If French roll dough no sugar need be added. Work the butter and milk in, and set in a warm place a few minutes. Then beat in the eggs and flour and keep beating against the side of the pan till the batter is very elastic and smooth. Rise awhile.

The tin muffin rings should be two inches across and one inch deep. Set them on a buttered baking pan, half fill with the batter—which should be thin enough to settle smooth, and thick enough not to run—let rise half an hour, bake about ten minutes in a hot oven. Bake small lots at intervals during the breakfast.

## 599. Muffins from the Beginning.

When no other kind is made and there is no dough ready.

1½ pounds of flour.

1 pint of "liquor"—milk and yeast mixed.

Make a soft dough of the above over night and add the ingredients of the preceding receipt except the flour. Beat up well in the morning.

Sugar in small quantities makes bread crust paper-like, thin and soft. Too much makes bread puddingy. Yolk of eggs counteracts sugar, and dries the bread out, also makes the crust crisp and brittle. White of egg makes thick, tough crust like leather that has been wet and dried. Shortening makes little difference besides lessening the stringiness of well-made bread. Sweet rusks and cakes are slow to rise and slow to bake. Such bread as muffins and Sally Lunn usually rises too fast and too much.

## 600. About Baking Powder, and How Not to Use It.

Dost thou think, because thou art virtuous, there shall be no more cakes and ale?—*Twelfth Night*.

After all that has been shown of the manner of making the best of bread without baking powder, it must be plain to see that the way to avoid the injuries arising from baking powder adulteration is to use good yeast instead. The use of powder does not need to be encouraged, it, like many other non-essential articles, is good in its place, but it is the lazy cook's resort; it tends to inferiority in cooking; it causes an expenditure of money for that which is not nutriment but which at its very best is but empty air and at its worst carries after the air a residue of poison. And yet baking powder is good to a certain degree. But how few can make baking powder bread anything but a sorry substitute for bread? In the mining and lumbering regions and such half-civilized places where men in haste and carelessness mix up a sort of biscuit, any way for the easiest, bak-



ing powder is used in such vast quantities as people who live where cooking is done might find impossible to believe. That its manufacture must be very profitable is shown in many ways; by the immense number of different brands, the number of new and expensive ways of putting it up in packages, and of employing agents, traveling equipments and printing and advertising, equaling the sewing machine business of patent times, or patent medicine business of all times, and this without any monopoly for any one. Besides the immense factories of the large cities most of the small cities and outfitting points of the west have firms engaged in the manufacture. Kansas City has one, Denver has two, and of these one alone advertises that it ships from three to four tons of powder per month to the mountain towns. At the same time car loads are arriving of perhaps forty different brands from the east.

Baking powder was first extensively advertised for sale and generally introduced about the years 1845 to 1850. Flaming posters appeared in all the towns calling it German yeast, or baking powder, claiming that a yield of about twenty pounds more bread from a barrel of flour could be had by its use than by yeast raising, on the ground that ordinary yeast changes a portion of the flour into air in fermentation, and claiming for powder the effect of eggs, and another saving. Chemists certificates were appended to say that the powder when evaporated in the bread left only an extremely small remainder, and that was but chloride of sodium, or common salt, and no disadvantage.

Supposing the last to be true, it is on the presumption that either cream of tartar or tartaric acid are used in making the powder, and that they are so perfectly proportioned as to exactly counteract each other and banish each other in the form of air, from the bread. Otherwise a residue of one or other must remain, and other acids and alkalis may be used having the same or stronger effects but leaving still more harmful remainders. Both before and after the introduction of commercial baking powders pastry cooks used to make their own. But cream of tartar was found most unreliable because of lack of uniformity in its adulteration. Some samples would contain so much starch or worse matters that four teaspoonfuls were required to counteract one teaspoonful of soda. With tartaric acid ready powdered the same difficulty was experienced. Tartaric acid in crystals, powdered in a mortar at home as wanted, was the only reliable recourse to avoid having biscuit spoiled either one way or the other. The proportions are one teaspoonful of powdered tartaric acid to two of carbonate of soda—the reverse of cream of tartar proportioned. The *Scientific American* has published a number of different formulas for making baking powders. Many of the manufactur-

ers accuse others of employing cheap but injurious substitutes for soda and acid, and here is a hint of another kind of deterioration.

A man came around a new western town offering to sell a receipt for making baking powder which was to effect a great saving to all consumers. The price asked for the precious bit of information was one dollar. When my turn came to be canvassed I told him that knowing of quite a number of baking powder mixtures already I had just fifty cents worth of curiosity left to know what he had to impart. So for that sum I obtained the following:

#### EUREKA BAKING POWDER.

Bi-carbonate of soda, 16 ounces; tartaric acid, 12 ounces; cream of tartar, 2 ounces; fine flour 3 pounds.

There is two pounds of real baking powder and flour enough added to make five pounds weight. Starch has more the appearance of real baking powder than flour. Does not this go far to explain the variations in strength and the inducements to push the sale of cheap powders? Cost price of flour, 4 cents; starch, 10 cents; selling price of powder the difference.

#### 601.

It being our sole business to teach how to make good bread and to inquire into the nature of the obstacles that throw us, we have no remedies to offer against these adulterations other than the first mentioned, viz: to use little or none at all, and employ good yeast instead. In the palmy days of French cookery, when culinary excellence was carried, under the auspices of fashion, to an extreme never surpassed since, baking powder was unknown, and the bakers' more objectionable carbonate of ammonia was unthought of. The finest cakes were made light either with brewer's yeast, like those at the end of this book; with air beaten in mechanically, like our common sponge cakes; or with the fine particles of cold butter as in pound cake—the same agent that imparts such extreme lightness to puff-paste. Waffles and pan cakes at the same time were made of extreme delicacy by means of white of eggs whipped to a froth, being really a mass of air bubbles, fine as snow, incorporated in the mixture, there to expand in the heat of baking and raise the whole.

Baking powder is the cook's labor-saving friend, but if the friend be treacherous and unreliable shall we not accept his good offices with caution? All we can gain from him is gas to expand into big holes in the bread in the oven, and a teaspoonful of soda to a pint of sour buttermilk yields the same. In "old fashioned" gingerbread a teaspoonful of soda added to the raw molasses makes a gassy foam just the same, and, independent of all the half dozen ways

already shown of introducing air for lightness into food compounds, there is the purely mechanical utilization of atmospheric air of the following method.

## 602. Virginia Beaten Biscuit.

### Old-Fashioned Way.

There has to be a maul, or Indian club over 2 feet long, and a stout table, for the beating. The biscuit will not be right unless you have the maul made of hard maple, square-shaped at the heavy end, but waving, so as to make uneven hollows in the dough and a hole in the handle for a string to hang it up by.

3 pounds of flour.

1 large teaspoonful of salt.

4 ounces of butter or lard.

2 cups of milk or water.

Have the milk tepid, mix the melted butter and salt with it, and wet up the flour—nearly all—into soft dough. Knead it to smoothness on the table, and then beat it out to a sheet with the maul, fold it over on itself and beat out again.

There is no established limit to the times the dough may be beaten out, but after a few times it begins to break instead of spread. This injures it, and an interval should be allowed for the dough to lose its toughness. The air in the hollows beaten into the dough makes it very light, and white and flaky

Modern innovators on the preceding practice add a teaspoonful of soda sifted into the flour and mix up with buttermilk, beating besides in the regular manner.

There are few things more generally acceptable in some localities than beaten biscuit rolled out very thin and fried.

So that if baking powder were banished from the culinary world for the sins of its makers there would still be cakes and ale as of old. If we may believe the advertisements there is one brand of powder that is pure and honest, but is not that reducing our means of safety to a very slender plank? For if by any accident a little of some other powder should get mixed with that one there would be a terrible state of affairs!

### Baking Powder Bread.

He found her presiding over the tea and coffee, the table loaded with warm bread, both of flour, oatmeal, and barley-meal, in the shape of loaves, cakes, biscuits, and other varieties, together with eggs, reindeer ham, mutton and beef ditto, smoked salmon, marmalade, and all other delicacies which

induced even Johnson himself to extol the luxury of a Scotch breakfast above that of all other countries. A mess of oatmeal porridge, flanked by a silver jug, which held an equal mixture of cream and butter-milk, was placed for the Baron's share of this repast.—*Waverly—Chap. XII.*

I could write a better book of cookery than has ever yet been written; it should be a book on philosophical principles.—*Dr. Johnson.*

## 603. Baking Powder Biscuit.

2 pounds or quarts of flour.

4 ounces of melted lard or butter.

4 teaspoonfuls of powder.

1 " of salt.

1½ pints of tepid water or milk.

Mix the powder in the flour dry. Place the melted lard in a hollow in the middle, the salt and water or milk with that, and stir around, drawing the flour in gradually so as to make a smooth, soft dough. Turn out on the floured table. Press the dough out flat with the hands, fold it over again and so in and press out till it is compact, even, and smooth. Let stand 5 minutes. Roll out and cut into biscuits. Bake immediately.

Of all the atrocious frauds in the way of bread perhaps the worst is the baking-powder biscuit of unskillful cooks, sometimes found in boarding houses and low-priced restaurants. The compulsory spoiling of biscuit through excessive economy of ingredients may be pardonable in the cooks, but the atrocity of spoiling them with too much richness and wrong way of working, never. Such biscuit are yellow, dirty on the bottom, greasy to the touch; they have rough sides, no edges, for they rise tall and narrowing towards the top; they are wrinkled and freckled and ugly; they will not part into white and eatable flakes or slices, but tumble in brittle crumbs from the fingers, and eat like smoked sawdust. Strange, that the same materials should make things so different as these and good biscuit.

Biscuit dough should be made up soft. The shortening should be melted and added to the fluid milk-warm, to insure thorough incorporation.

The private house way of kneading the dough up into dumpling shape, perpetually breaking the layers and making the parted edges take up too much flour, is the wrong way that ruins biscuit. The right way is given in the receipt.

## 604. Baking Powder Bread.

Because we in hotels are accustomed to make every article as rich as is allowed it should not be forgotten that shortening is by no means essential to make good biscuit, and the preceding receipt for biscuit is just right for loaves of baking powder



bread if the shortening be left out.

### 605.

#### Imitation French Rolls, with Baking Powder.

##### "Vienna Rolls."

- 2 pounds or quarts of flour.
- 4 heaping teaspoonfuls of powder.
- 2 " " of sugar.
- 1 " " of salt.
- 4 tablespoonfuls of butter or lard, melted.
- 2 yolks of eggs.
- 1 large pint of milk.

See directions for biscuit and make this dough same way. After it has stood a few minutes to lose its springiness make into split rolls. Cutting out is the quickest, and best for baking powder dough. See directions for French rolls. Brush over with melted lard in the pans. Let stand 20 minutes to rise, if convenient. Bake as usual.

When a seidlitz, or any effervescent powder is dropped into a glass of water the gas produced rushes to the top and immediately escapes, but if a portion of a raw egg be mixed in the water first, or some dissolved gum arabic, it catches and holds the gas on top in the form of froth, as in soda syrups. The same effect in some degree is observable when an egg is mixed in baking-powder bread. A film is formed that holds the air, the dough may be allowed a few minutes to become lighter, and the rolls are more spongy than if made without.

Repetition, if odious to the thorough reader, is unavoidable in a cook book, where people seeking but one article will overlook all else.

### 606. ow Flake Rolls or Biscuit.

Another way of using powder by working it into the dough. Worth practicing. Very white.

- 2 pounds or quarts of flour.
- 4 heaping teaspoonfuls of powder.
- 1 do do of salt.
- 2 basting-spoonfuls of melted lard.
- 1 large pint of milk.

Mix up like biscuit but only put in a fourth part of the powder. Mix the rest with a handful of flour and sprinkle it over the dough every time that it is pressed out to a sheet. Knead long and well. Let stand awhile. Cut out thin. They rise.

### 607. Buttermilk Sweet Rolls.

Cheap and off-hand. Often made at stage stations and village inns.

- 2 pounds of flour.
- 2 teaspoonfuls of carbonate of soda.
- 4 ounces of butter.
- 4 ounces of sugar. Salt.
- 2 eggs and 2 yolks more.
- 1 large pint of buttermilk.

Sift the soda in the flour. Mix all the other articles with the buttermilk. Make up like biscuit or Vienna rolls. Glaze or sugar over when baked.

The yellow specks in the crust for which the soda is blamed are oftener due to the particles of curd of sour milk, which brown quickly in the oven. If you use "clabber," pass it through a sieve first.

### Corn Bread, Corn Muffins, Batter Cakes, Etc., Etc.

The perfect receipts for all needful preparations of corn meal appeared in these columns some time ago, and can be found in their place among these "breads" by means of the index.

### 608. Some Yeast-Raised Cakes.

There was a table covered with cakes made in a variety of emblematical shapes \* \* \* representations of crosses, fonts, books, and one huge cake in the centre in the form of a bishop's mitre.—*Dumas*.

Three pounds of sugar; five pounds of rice; rice? What will this sister of mine do with rice? But my father hath made her the mistress of the feast and she lays it on! I must have *saffron* to color the warden pies, (pear pies), mace, dates; nutmegs seven, a race or two of ginger, (but that I may beg); four pounds of prunes, and as many raisins of the sun.—*Shakspeare's Winter's Tale*.

In bluff King Henry VIII's days \* \* \* the seasoning of dishes was strong and pungent; *saffron* being a predominating ingredient in them.—*Mary Jewry*.

Large dishes of rice, boiled to perfection, fowls, and meat cooked in every manner possible, all dishes *highly colored with saffron*, and very much flavored with mint.—*A Persian Garden Party*, 1879.

While endeavoring to observe and respect the distinction between solid instruction and mere opinion we must say that the practice of yeast-raised cakes ought to be far more general among American pastrycooks and bakers than it is. The dreary repetition of middling pound cake and poor sponge cake, with a sorry variation or two, might with advantage be broken up by the introduction of some of the sorts which great cooks of old used to set before the king. That was before cooks began to begrudge a little work in behalf of excellence.

In the European countries where they cannot afford to be so extravagant as we are, when there is to be a festival, the first thing the managers do is, go to the baker, either buy enough light dough, and some notable housekeeper makes it into cheap but good cake for the multitude, or else the baker himself gets the contract. In this way plum cake itself becomes a cheap treat, while still richer and far more delicate varieties are made for the wealthy by the same general method with difference of degree.

It is conceded that some practice is necessary to make these cakes perfectly, for the exact time when they are ready for the oven can only be known by observation. But as far as can be, the directions here following will be found effectual, and make the practice easy.

### 609. Scotch Seed Cake.

Takes five hours time to make, raise, and bake, using dough to begin with.

- 2 pounds of light-bread dough.
- 12 ounces of sugar.
- 12 ounces of butter.
- 4 eggs.

1 teaspoonful of carraway seeds.

8 ounces of flour.

Weigh out the dough at 7 in the morning. Set it with the butter and sugar in a warm place. At about 9 work all together and beat in the eggs one at a time, and add the carraway. Give it another half hour to stand and become smooth, then add the flour and give the whole ten minutes beating. It makes a stiff batter—not dough.

Put it in two buttered cake moulds. Rise about an hour. It should not be too light, bake as you would bread, in a slack oven, less than an hour.

### 610. Cheapest Cake Without Eggs.

- 2 pounds of light-bread dough.
- 8 ounces of sugar.
- 8 ounces of butter.
- 1 teaspoonful of carraway seeds.
- 1 pound of flour.

The difference between this and the preceding kind is that this makes a soft dough, to be handled and kneaded like bread, then baked in moulds. Brush over with a little melted lard when setting to rise.

These raised cakes are like fresh bread, cannot be sliced till a day or two old, without waste.

Once upon a time, so they say, an economical man fitted out his cow with a pair of green glass spectacles, and thus induced her to eat shavings, which looked like hay.

In the warm, moist gardens of the south of England the camomile flowers make pretty borders, and saffron grows like a weed. An infusion of saffron gives the color of eggs to cake, and the people who are glad there to sell their new-laid eggs are very well content with the substitute.

Perhaps saffron also gives something of the taste of eggs. Italian vermicelli is colored with it.

### 611. Cornish Saffron Cake.

The miner's dinner-pail cake in the region of Lake Superior and the Rocky Mountains, as well as Penzance and Lands End.

- 2 pounds of light dough.

6 ounces of sugar.

8 ounces of butter or poultry fat.

8 ounces of dried cherries, or raisins.

Half cup of strong saffron tea.

1 pound of flour.

Mix up like Scotch seed cake, manage and bake same as bread. One or two eggs improves the cake.

### 612. Election Cake.

Make the Scotch seed cake but with 1 pound of seeded or seedless raisins and half cupful of brandy and flavorings, and omit the carraway seeds.

### 613. Polish Cake. Baba.

Requires 5 hours time to make, raise and bake.

1 pound of good, light roll dough.

1½ pounds of butter.

6 ounces of sugar.

14 eggs.

1 pound of flour.

8 ounces of raisins.

6 ounces of currants.

4 ounces of citron.

Half cup of brandy.

Lemon and nutmeg extracts.

These cakes made with dough are all started alike. Warm the dough, butter and sugar together, mix and then set away half an hour, when the ingredients can be mixed better; then beat in the eggs two at a time and handfuls of flour alternately. Beat well; rise 2 hours. Beat again, add the flavorings, brandy and fruit. Line the cake moulds with buttered paper. Let the batter rise in the moulds about 2 hours, then bake, about an hour.

### 614. Savarin Cake.

The preceding without the fruit. Used hot as a cake pudding with liqueur sauce. With dough from the breakfast rolls at 7 o'clock it can be made ready for midday dinner.

A French authority says Kauglauff or Kugeloff, is a general name in German for all cakes made with yeast. Perhaps the common term "coffee cake" is but the attempt of English speaking tongues at "Kauglauff." The cheapest and commonest coffee cake has been described as a warm bread several columns back. We now give two varieties that are really rich cakes by the same name.

### 615. German Kauglauff.

1 pound of light dough.

1 pound of flour.

1 pound of butter.

6 ounces of sugar.

1 pound of currants.

8 whole eggs and 8 yolks.

Half cup of milk or cream.



Extract of lemon.

Ground cinnamon.

Mix up like Polish cake, the cream and currants  
les', and rise in the moulds.

When done pass a brush dipped in sugar and milk  
over the cakes and dredge them with the ground  
cinnamon mixed with sugar. Use to slice cold.

### 616. Vienna Cake or Kauglauff.

1 pound of light dough,

22 ounces of butter.

8 ounces of sugar.

15 eggs.

20 ounces of flour.

Half pint of cream.

Half cup of brandy.

1 pound of almonds.

Mix up and beat and raise according to preceding  
directions. Blanch and split the almonds and mix  
half of them in the cake; use the remainder to  
stick all over the moulds with butter before the  
dough is put in. These mixtures all make the  
dough like fritter batter, just thick enough for al-  
monds, fruit, etc., not to sink.

Shred citron or candied orange peel, pistachio  
nuts and the like are added at option. Sometimes  
the cakes are served hot, separated into layers with  
a sharp knife, and jelly spread between.

### 617. Yeast-Raised Plum Cake.

The slowest to rise. Use the liveliest dough, and  
in winter it had better be saved over night and  
mixed up with the main part of the ingredients;  
add the fruit next morning, and bake after dinner.

2 pounds of light bread dough.

1 pound of black molasses and sugar, mixed.

1 pound of butter.

6 eggs.

12 ounces of flour.

1 ounce of mixed ground spices.

1½ pounds of seedless raisins.

1 pound of currants.

8 ounces of citron.

Brandy, and lemon extract.

Warm the dough and all the ingredients slightly.  
Mix well, except the fruit and brandy. Beat the  
batter, and set to rise in the mixing pan about 3  
hours. Beat again and add the fruit, previously  
floured. Line the moulds with buttered paper,  
half fill and set to rise again about 2 hours. Bake  
from one hour to two, according to size. Large  
cakes should have a coating of paper tied outside  
the moulds to protect the crust during the two  
hours baking.

These cakes should not be turned out of the  
moulds till at least one day old.

Hotel pastry cooks who think yeast-raised cakes  
too tedious, should nevertheless remember that in  
some places no others are believed in, or allowed to  
be made, and these are simple enough after a few  
trials to learn the routine.

To clean seedless raisins, rub the fine stems off  
them with the hands and some flour mixed in, then  
stir around in a colander till the siftings all go  
through and leave the raisins clean.

### 618. Toast and Toasters.

Excuse me, Tom, but if I have a weakness it is  
for Yarmouth bloaters, *anchovy toast*, milk, choco-  
late, marmalade, hot rolls, and reindeer tongue \*

\* \*--*Lever & Tom Burke.*

I have remarked before that not one person in a  
thousand knows how to make good toast. The sim-  
plest dishes seem to be the ones oftenest spoiled.  
If, as is generally done, a thick slice of bread is  
hurriedly exposed to a hot fire, and the exterior of  
the bread is toasted nearly black, \* \* etc.  
*Henderson.*

There, you see, boys and girls, you had better  
make that toast right and not jam it down on the hot  
range top with gnashing of teeth so savagely. Not  
one in a thousand of you but knows how to make  
toast beautifully, but you have an invincible aversion  
to it; you think a person who will order toast a  
monster, that to be hated needs but to be seen; you  
want to know why such people can't eat all these  
nice hot breads and batter cakes, and you call  
them pet names which it will never do to put in  
print.

Of course you think it the cook's business to make  
toast, but that depends on circumstances, for toast  
must be made just as it is ordered, and one of the  
cooks is busy broiling beefsteak and ham to order  
and another is busy dishing up side dishes and fry-  
ing fresh potatoes. Baking cakes and waffles and  
dishing up breads keeps another agoing, so some-  
body besides must make the toast. The vegetable  
cook might be hired with the understanding that  
toast making was one of the duties to be performed,  
and would do well at supper, but the two or three  
hours of breakfast is the vegetable cook's busiest  
time. It would not be so hard to make good toast  
if there was a place provided for it when the hotel  
kitchen is furnished and fitted up, but whoever in  
such a case ever thinks of that? Put it upon the  
cook and he must almost perforce bake the toast by  
panfuls in the oven, but no persons, if they can help  
themselves, will eat that except as milk toast. The  
broiler is full and has no room but for meat's. There  
is only the range top left available and that must be  
kept so hot that there is little chance of being able  
to do good baking inside at the same time.

charcoal broiler aside from the meat work would be placed in every hotel kitchen at the first, when such expenses are not so reluctantly incurred as after some time of scrambling along without.

In hotels where the toast difficulty is well overcome there is either an extra hand from some other department appointed for the duty, and the toast range or broiler to work on, or else, in smaller houses where the dining room work is not rushing, the waiters themselves, preparing a little toast just before the doors are opened for a start, are able to make it as wanted, and to suit the special orders.

The best way where there is no special broiler, is to provide half a dozen wire hinged oyster broilers or toasters and lay them with the bread in them on top of the hot range.

### 619. Concluding Hints.

Whatsoever thy hand findeth to do, do it with all thy might.—*Ancient Book.*

Things done by halves are never done right.—*Modern Paraphrase.*

Considering how extensive is the domain of hotel cookery there is no likelihood that we shall ever recur to the items of bread and rolls again, and a few omissions in the foregoing matters must be made good here.

The hardest thing to teach the tyro in mixing bread is to make the small quantity of dough soft enough in warm weather. Fortunately, with large masses the labor with stiff dough is so severe that few people err that way, but a little in active summer weather fermentation easily takes up too much flour and becomes rough and rotten, and all the instructions in the world will not help the "pastry" who does not know enough to temper the dough according to the weather. In winter when all the materials and tools are cold the stiffer the dough the better; in summer use less yeast and mix soft.

So in mixing biscuit. I have, before now, when training down the rawness of a lot of picked-up summer resort help, placed all the ingredients for biscuits for the early breakfast of a party of tremendous trout fishers, in a pan, and then a baker who was a bread baker and nothing else has utterly spoiled them in the mixing, making them harder than crackers and not half as good. Biscuit should be mixed as soft as fritter batter, so that when the scrapings of the pan in flour and scraps of dough are added it can still be pressed out easily with the flat hands till worked smooth. Whenever your biscuit dough is so tough that the doubled fists must be used to press it out, conclude that you have made the common mistake, and have something yet to learn about mixing biscuit.

Mould out your dough for rolls in little round

balls. Easier said than done. The beginner takes the pieces of dough in hand but they won't roll, but skate all over the table instead. You must brush away the flour, have the table so that the rolls will almost stick to it, very slightly dust your hands with flour, take two fresh, moist pieces and roll them under the hands with a slight pressure. The ball of the thumb draws the outside of the dough towards the palm and makes a smooth ball. Of course you must mould two at once, using both hands, else you will never get ready for breakfast. Expert hands seldom stop to cut off the little pieces of dough; they can grab the right sized pieces for rolls from the lump with both hands, as quick as winking. You injure the dough by much moulding. The quicker you can get a smooth outside the better.

Brush your hot loaves from the oven with water. They are going to shrink as they cool, and if the crust will not give, the crumb will part inside and make broken slices.

The bakers have a saying that it don't matter how you mould up the loaves if you make the dough good. But that is only a comparative way of speaking, and they don't have to slice and toast their bread as we do, and see the rough ends and broken slices go to waste by the bushel. If the reader will turn back to our directions for moulding hotel loaves he will find a way that makes loaves as smooth and seamless as a watermelon, but it remains to say that moulding the loaves round first is done in either of two ways. If you are in practice with rolls you can mould small loaves with both hands, the same way. If not, do as the bakers do with "tin loaves" and Vienna bread. The shop bakers like to make loaves in tin moulds because they use for that soft dough carrying much water, and gaining for them several pounds in a barrel of flour. The bread so made is moist to cut and to keep and does not crumble. But as every loaf will expand in the oven and may open at the ends like the gaping shell of a dead oyster, it is the business of the moulder to form and fold the loaf so that it shall open and rise just where he wills it, and nowhere else.

To mould "tin loaves:" Your dough being properly kneaded in layers leave it lying in a rather thin sheet. Cut that into the right sized squares for loaves. The expert workman makes them a little longer one way than the other. Take one of the pieces, press it out with the knuckles, double it, making a square. Catch the furthest corner with the extended fingers and pull it over, and under the wrists, which press it in the middle. Turn the piece of dough under the hands and reach another corner. Six motions makes a round, smooth loaf with a middle depression made by the wrists.

Now extend this depression lengthwise, forming a trough shape by pounding and lengthening the



middle with the wrists while pulling over the round side with the fingers. Finally roll over the thick urher side into the hollow middle, the other or near side forming the top lap to the rolled up loaf, and place it in the brick-shaped mould. Press it down slightly in the mould to make square corners. This loaf will rise the way the bakers like to see—parted on one side, where the seam was left, and showing the whiteness of the inside without a break in the bread.

Our pic-nic loaves described near the beginning are called *Stollen* by the German bakers. This kind of sweetened bread is often made richer with additions of citron, etc. The bakers make up the loaves as just described, only doubling the two sides together instead of rolling, making a long split roll without any brushing with lard at all.

In addition to the names *Kauglauff* and *Kugeloff* applied to the varieties of yeast raised cakes, of which *Stollen* is one, Urbain-Dubois spells it *Congloff*, making three authorized ways, all meaning the same as Polish *Baba*, which is a general term for raised cakes, and French *Savarin* which, according to Dubois' *menus* serves to designate several varieties of cakes. These things are mentioned as helping to throw light on the mysteries of foreign *menus*, which "our own correspondents" in Europe delight to humiliate their Western cousins with.

Now about moulding French loaves. We have been unwilling to poach in the exclusive shop baker's grounds further than the thoroughness and usefulness aimed at in our book compelled, and will only add this: If you wish to try a more workman-like way than that previously set forth, commence as for "tin loaves," with wrists and fingers making the piece of dough into a round ball slightly depressed. Push these aside on a well floured part of the table till all are moulded. Make the trough-like depression across these with a rolling pin instead of the wrists, using plenty of flour, and depressing all before folding any. As no lard is used and bakers do not cut the loaves, the flour and the incidental drying of the dough while waiting, helps the desired parting open of the seam when baking. Having practised thus far you can double the loaves like split rolls—without any greasing—and experiment further at your pleasure.

In a large western city the writer knew a baker who sold little French loaves (*petits-pains*) in quantities that can best be described as cart loads, and he made them almost as just above described. Taking the four corners of the little flat pieces of dough, he pressed them with the points of the fingers into the middle, and with a blow of the edge of the open hand made the roll ready for a little rolling pin depression, making it very long and narrow, then

pinching up the two thick sides together, slightly lapping one upon the other, and without any touch of lard about them, he placed them in pans so that when raised and baked they opened out cleft rolls of very fine appearance and of flaky texture.

### Practice Makes Perfect.

Pastry cooks and bakers wishing their French rolls to open up tall and lean backwards, only touch a streak of melted lard on one side of the depressed piece of dough, just where the lips, when the roll is doubled, meet, and none on the top. This gives the roll a start to open without quite making a split roll of it. Different stewards and bosses having different notions about how these things should be it is often difficult for a young man, however willing and capable, to get a foothold with them without the knowledge of just such variations of method as the above.

### 620.

Sorry there should be such a thing as a warmed over roll in the world, but there will always happen to be whole pans of the nicest rolls left over, and somebody will always want breakfast at four in the morning and expect hot bread. The very best way to warm over rolls, so that none but the most critical can tell them from fresh baked, is this: Wet a clean cloth in clean water—half a flour sack, for instance—and wring it out. Lay this over your cold rolls and set them in the oven. In about five minutes, or when the cloth is dry, the rolls will be warmed through and almost as good as new.

Never, if it can be avoided, let the rolls stay in pans over night—it soils the bottom crust. Turn them out to dry.

If your iron pails soil the crust of the steamed brown bread, it can be prevented by lining them with manilla paper, lightly brushed over with melted lard. The loaves come out looking as nice as cake.

By the way, we forgot to put the cross mark on the hot cross buns. It has no use, however, except once a year, on good Friday, to enable British children to make a few pennies by selling them, perpetuating some old custom, nobody seems to know for a certainty what.

A cross mark cut on the buns as they are placed in the pans will remain and show; but if you let the buns rise half light enough, then with a chopping knife cut down deep, and let the buns finish rising, the depression will remain and make the buns appear to be in four parts.

Those bun-sellers make the "one-a-penny-buns" a little richer than the "two-a-penny-buns;" and they have to be a little larger, too, or else when the one-a-penny-two-a-penny-hot-cross buns are all in a basket together, they wouldn't know 'tother from which, you know.



## TWENTY WAYS OF COOKING CORN 621. MEAL.

"Corn is the most widely cultivated grain in the world, with the exception of rice."

"As to nutritive matter, corn is only exceeded by wheat, and followed by rice among the leading articles of food. Calculated according to the physiological wants of the system, a week's diet for an adult would only cost about twenty cents, and, excepting split peas, there is nothing approaching corn for economy."

"Even in the United States, where thirty-seven million acres are devoted to the culture of Indian corn, yielding a total product of thirteen hundred million bushels, while the wheat crop of the world is only seven hundred and sixty million bushels, we only understand the economic value of corn as cattle food."

"In buying wheat flour, the same outlay would purchase double the amount of nutriment in Indian meal. The prejudice against the use of corn as an article of human food is based on ignorance in many cases, and on false pride in others. Wheat is most agreeable to the taste, and is preferred by a greater portion of the human family, or, at least, by those who are able to purchase it. While all the world is familiar with wheat as an article of food, not one-tenth of its population ever heard of Indian corn except as cattle food. It is quite remarkable that notwithstanding its acknowledged good qualities and its economy, yet it is but little known to the people or those portions of Europe to whom cheap food is an absolute necessity; and even in times of famine it has required judicious and persistent governmental efforts to induce famishing communities to use it."

The preceding statements, taken here and there from an able statistical article in the *Boston Cultivator*, suggest the conclusion that it would be a good thing in a general way, if all people could be led to like corn better than wheat. It is our business to believe that such a consummation can be reached solely through the instrumentality of the cooks; by the more general diffusion of knowledge of the best ways of using corn meal, and encouragement to put in those extra careful touches which are needed to make even the best receipts thoroughly successful. My own experience as a cook warrants the assertion that corn bread properly made and carefully baked, can be made popular almost anywhere. The small loaf that at first finds no takers is presently in demand, and then gives place to one of twice or thrice the size, a proportionate amount of wheat bread being thereby displaced.

That an entire community, state or nation may have a real preference for corn over wheat bread, is shown by the fact of the matter in the Southern States, where corn bread is never out of place, even at the best furnished tables.

The rich breads and puddings with which we shall first lead corn meal into general favor, are not commended on the score of cheapness, except in country places where eggs and butter have but little market value; but that it is a real liking for corn meal, pure and simple, and not for the condiments, which obtains among so large a proportion of the Southerners, is seen from the fact that the prevailing dinner bread at the most expensively provided steamboat and hotel tables was formerly, and probably is yet, the corn cake made of nothing whatever but meal and water.

Why one section should prefer a corn diet more than another when there is no consideration of economy involved at all, I have never seen fully accounted for, and will venture the supposition that it shows the result of tastes trained in early life by a race of domestic cooks who knew how to make corn bread good. What has been done can be done again.

It will not be expected that we professed cooks shall dabble either in political economy or social science, but I, for one, cannot help thinking that a better knowledge of the ways to make corn meal a palatable diet, diffused throughout the land, would result in bringing the fifteen-cents-per-bushel corn of Kansas and Nebraska into its proper use—of furnishing cheap and wholesome food and luxuries for the million.

In the culinary departments of the best American hotels, it is but reasonable to expect that the greatest perfection in compounding American specialties will have been attained. However there is only one notable instance of a large hotel becoming celebrated for its corn bread, even that is nearly forgotten, now that there is no more call for special commissions to go and teach the art to Europe.

I have seen "going the rounds," what purported to be a receipt for St. Charles corn bread, which mentioned sugar as one of the ingredients, but cannot consider it genuine. Different cooks may have had different ways, but the following was the formula in use on the floating palaces of the same day, such steamboats as the Southern Belle and the Magnolia, of the "coast" trade, and the long-trip boats which made the excellence of this bread known on the upper rivers. We used to bake it in cake moulds, and sometimes serve it with sauce as corn pound pudding; more in fun than from any necessities of the case. It can be sliced thin like cake, and used in many ways:

### 622. St. Charles Corn Bread.

1 pound of white corn meal (not quite a quart).  
4 ounces of fresh butter, melted (size of two eggs).  
1 pint of boiling water.  
1 pint of cold milk.  
4 eggs. 1 level teaspoonful salt.  
1 teaspoonful of wholesome, home-made baking powder.



Pour the boiling water into the meal, wetting and scalding it all. Then add the melted butter, salt and milk, and then the eggs. Put the baking pan in the oven to get hot, without greasing it. Add the powder to the batter; beat up with the large wire egg-whisk, then pour it into the pan. The batter is as thin as for batter cakes. If the pan is hissing hot it never sticks, and there is no discoloration of burnt grease. This bread should be about an inch and a half deep in the pan, and bake half an hour or more. The sooner the top crust is formed the better, after that it needs to bake slowly.

This, when done, is, of course, only corn bread, but it has the peculiar characteristic, that everybody likes it. But pastry cooks, generally, "hate to make it." It is a little hard to bake just right. For another sort, not too rich nor good for human nature's daily food, we have the regular stand-by—the common hotel corn bread, which may be good or otherwise, according to the skill of the maker.

### 623. Common Corn Bread.

1 pound of white corn meal.  
3 ounces of melted lard (2 large basting-spoonfuls).

1 pint of boiling water.  
 $\frac{3}{4}$  pint of cold water or milk.  
2 eggs. 1 teaspoonful of salt.  
1 small teaspoonful of home-made baking powder.

Scald about two-thirds of the meal with the boiling water, leaving the rest at the side of the pan to be stirred in with the other ingredients. Beat the powder in last, and bake as directed for the other kind.

Now if corn meal was always alike there would be no more to be said. But here is where the genius for making corn bread comes in. Both of these sorts should have a smooth crust rounded over like a good pound cake. The particular point is the scalding of the meal, and that varies according as the meal is fine or coarse ground. I have known some few neophytes who saw into the deepest depths of this profound matter at the first glance, but others, seemingly as intelligent, would slip up every time a different grade of meal came in hand. Sometimes the crust would rise and crack open forty ways, like a map of the Rocky Mountains, and the bread would fall to pieces. That was because the meal was coarse and not sufficiently scalded, or not mixed thin enough. Sometimes the bread would rise at first, but then cave in, all but the edges, like a pond gone dry, and cut like mush. That was because the meal was fine ground, and would not bear scalding much. White meal coarsely ground is the best. Some few people think they like yellow meal, but as surely as it is put to the test in hotel cookery the demand both for bread and mush falls off, and both are soon entirely neglected. And yellow meal, for some reason,

soon acquires a bitter, musty taste, which may have as much to do with the small liking there is for corn meal preparations as any other reason.

### 624. Corn Gems.

Corn gems were instituted to meet the grave emergency that arises when more than four persons in one house want a corner piece of corn bread. Their other use is for corn bread in individual style.

There is no need of special receipts, as both of the corn bread mixtures already given are first rate, baked in gem pans. The richest, for individual loaves, should be baked in deep round pans. The people who call for corner pieces like the other, baked thin, to be nearly all crust. The gems should be fresh baked, every half-hour, served hot and not sweated in the pans.

### 625. Corn Meal Muffins.

The very best are made with yeast, but these are very good and can be made on shortest notice.

"Whoe'er rejects them must be hard to please,  
And ripe for treasons, stratagems and spoils."

1 pound of white cornmeal (not quite a quart).  
4 ounces of fresh butter, lard, or both mixed.  
1 pint of boiling water.  
 $1\frac{1}{2}$  pints of cold milk (3 cups).  
Half pound of flour. Salt.  
Yolks, only, of 4 eggs.  
2 small teaspoonfuls of baking powder.

Put the shortening in a saucepan with the water, boil, and scald the meal with them. Add the salt, then the milk and flour alternately, then the yolks, and lastly the powder beaten in well with the wire egg-whisk.

Bake in greased muffin rings, 10 or 15 minutes, in a hot oven. Serve hot.

The batter must be thin to make good muffins. Make the pan hot on which the rings are placed, before filling, to prevent running under; otherwise use rings with bottoms.

In daily practice we learn short ways to work, with fewest vessels. When the object is to thoroughly scald the meal, it is not best to put the unmelted shortening with it first, but the way indicated above is good for all kinds of corn breads. The milk is necessary to give good color in baking.

### 626. Tortillas.

Now that direct trade between Chicago and Old Mexico is about to be opened, it might be as well to pay a little attention to Mexican preferences, too.

How romantic are all the words that come straying among us from that land of the sun! And how all the Mexican story-writers, from Captain Mayne Reid down, have revelled and gloried in the power

these sonorous terms gave them over the imagination of their bewildered Northern readers! Tarantula, arroya, caballero, rancho, hacienda, cuisiniero, tortilla! It was always the tortilla that crowned the closing day. The tempting tortilla; the sweet, the delicious tortilla.

But the story-writer has yet to be born with self-denial enough to drop his romance and tell his wondering readers what the tortilla is.

Once I became acquainted with a Mexican youth, who was a native of the ancient city of the Montezumas. There was poetry in his name. It was Manuel de Carvalho. There was poetry in his face, for he had melancholy eyes and a sentimental moustache. His ancestors were Dons, but he, alas, was but valet to an English tourist. He had been through all the gay capitals of the Old World, yet nothing had ever prevailed to chase the cynical expression from his lips, or withdraw his thoughts from the home of his early days.

And then he came to a noted pleasure resort that was frequented by wealthy Southern people. And on going into the bakery one day, he saw a griddle full of something that caused him to stop, open-mouthed, with delighted surprise; and as soon as he was sure he could believe his eyes he struck an attitude, clasped his hands and shouted in ecstasy: "Ha, ha!—Tor—theel—as!" So at last Manuel was happy. And this is how the tortillas were made:

### Mexican Tortillas.

Mix a quart of white corn meal with boiling water enough to barely wet it, and cold water after that to make it like thin mush. Add a teaspoonful of salt. Drop large spoonfuls on the hot griddle, and spread them out to form thin cakes.

"But," you say, "your tortillas are nothing but the Southern hoe cakes." Yes, that's what they are. But many people like hoe cakes better if they are shortened a little.

### 627. Hoe Cakes, or Corn Bannocks.

2 pounds of white corn meal.

Half pound of lard.

1 teaspoonful of salt.

Put the lard in the middle of the meal with the salt, and pour in a little boiling water to melt it. Then add cold water or milk to make like thin mush. Bake on a griddle or "hoe," placing the dough with a spoon and flattening out thin.

"Why cannot we have this?"

"You can have it."

"What is it folded so nicely in a napkin? Looks like brown bread."

"It is brown bread."

"And you have brown bread plenty on hand all the time?"

"O, but this is not bakers' Boston brown; *this* is delicious."

That was said before the Chicago fire. O, incomprehensible hotel boarders who live always on the fat of the land and tire of it! But in a well-regulated hotel you can have anything. This is one of the varieties of bread made principally of corn meal which the Boston writer before quoted, had in mind:

"On account of its lack of gluten, Indian meal is not well adapted for making bread without a slight admixture of wheat or rye flour."

That is the eastern idea, not the southern or western.

This kind of bread is very It contains no shortening, except what may be conveyed by rich buttermilk, when that can be had instead of baking powder, and is probably very healthful eaten cold. Reckless inhabitants of the hotel world, generally prefer to eat it right away quick while it is hot. And still very few deaths occur.

### 628. Steamed, or "Home-Made" Brown Bread.

2 pounds of corn meal.

1 quart of boiling water.

Half pint of re-boiled, black molasses (coffee cup full).

1½ pints of cold milk.

1 teaspoonful of salt.

4 heaping teaspoonfuls of baking powder.

1 pound of graham flour.

1 pound of white flour.

Pour the water boiling into the meal and stir; then mix in the molasses and the other ingredients in the order as written—the powder in the flour—and stir up thoroughly. It makes a stiff batter, too soft to be handled. Put it in two pails with tight-fitting lids and steam from 4 to 6 hours, then bake a short time to form a crust. The pails should be made for the purpose, of best stovepipe iron, a trifle wider at top than at bottom. Brush a little lard over the insides and then wipe it off thoroughly before putting in the dough, and there will be no stains on the crust when done. Where there is a steam chest to the range, over which vegetables are steamed, the pails can be set inside in the water, and then there is nothing in the bread line more easily made than this. Makes 8 pounds of bread; cuts into about 4 dozen slices. Enough for the average orders of 75 people for one meal, there being other kinds of bread. But if you have had it talked about all through the house 40 people will get away with this much easily. Such is the effect of advertising. Should the bread cut sticky, use a little less liquid in mixing next time.

Our "Twenty ways" will include four baked pud-



dings of Indian meal, of different degrees, and this following will, probably, by good judges, be considered the best.

"Tell that cook," said a healthy St. Louis captain, his boat then laid up in the ice, "to make this once more and let me know when, and then he may go to heaven."

Most of us have heard something like that in a sarcastic mood, but this was a jolly *bon vivant*, and was being helped the second time, so before, "that cook" started to heaven, I prevailed upon him to abstract and perfect out of the chaos of his guess-work the following receipt.

### 629. Mohawk Pudding.

- 2 quarts of milk.
- 10 ounces of corn meal.
- 4 ounces of fresh butter.
- 6 ounces of reboiled black molasses.
- 5 whole eggs.
- 6 yolks.
- 1 large lemon.
- Pinch of salt.

Make mush in the usual way by bringing the milk to a boil, sprinkling in the meal and beating at the same time with egg whisk to prevent lumps. Stir over a fire a few minutes; then put on a tight lid to keep the steam in; push the saucepan to the back of the range and let the mush remain at cooking heat without burning, for two hours or more. Then turn it out into a pan and mix in the other ingredients—the eggs beaten light—the rind of the lemon grated and the juice squeezed in. Bake about half an hour, or till the egg in it is fairly set, and no longer.

This makes about 3 quarts of pudding; enough for the *average* orders of 50 persons. It can be baked in fluted pudding moulds, and turned out whole if handled carefully, where so required, or else in two small pans well buttered.

A mild, neutral sauce is best with this. If hot sweetened cream cannot be had try the following, which is as ornamental as useful.

### 630. Sauce Doree, Golden Sauce, or Butter Sauce.

- 1 pound of white sugar.
- 2 ounces of corn starch.
- 1 quart of water.
- 4 ounces of best fresh butter.
- 2 or 3 yolks of eggs.
- Nutmeg extract to flavor.

Boil the water in a bright saucepan. Mix the starch in the sugar dry, and rapidly stir them in. When it has boiled up, beat in the butter. Pour a little sauce to the yolks in a cup; beat, then mix all together. Just before it begins to boil remove it from the fire, taking care the yolks do not curdle with too much cooking.

### 631. Chickasaw Pudding.

#### Brown Indian Souffle.

Perhaps not the connoisseur's pudding, but thought by many to have less style and more real comfort in it than any other. It is something of a curiosity for its puffy lightness, and should be served whole in that condition as soon as done, or else dish it up, if you wish to secure for the bubble reputation, out of the oven's mouth.

You will never know it at its best, unless you can procure the old-fashioned, thick, black molasses.

- 3 pints of water.
- 12 ounces of corn meal.
- 1 pound of re-boiled black molasses.
- 8 ounces of butter.
- 8 eggs.

No salt needed but what is in the butter, and take care that it has not too much.

Make mush by sprinkling the dry meal into the boiling water, and beating at the same time with the egg whisk. When it has boiled a minute or two put in the butter and molasses, stir together, put on the lid and push the saucepan to the back of the range to simmer about an hour. It is not very apt to burn. Then turn the mixture into a pan, beat the 8 eggs a little and gradually stir them in.

Bake in a slow oven about 45 minutes. Makes about 2½ quarts.

Eat hot with cream, or, failing that, make this sauce, which will relieve its want of color.

### 632. Lemon Butter Sauce.

#### Sauce Citronne.

- 1 pound of sugar.
- 2 ounces of corn starch.
- 1 quart of water.
- 2 ounces of fresh butter.
- 2 lemons' rind grated and juice of one.
- 6 yolks of eggs.

Mix the sugar, grated rind and starch together dry; stir them into the boiling water; add the lemon juice and butter, and when it boils again pour in the beaten yolks quickly and beat well. As soon as the eggs begin to thicken take the sauce from the fire and strain immediately.

### 633. Thanksgiving Pudding.

#### Indian Plum Pudding, Steamed.

- 3 quarts of milk.
- 1½ pounds of corn meal.
- 8 ounces of butter, or minced suet.
- 12 ounces of re-boiled black molasses.

10 whole eggs.  
 10 yolks.  
 2 lemons.  
 1 pound of seedless raisins.  
 1 pound of good, clean currants.  
 Pinch of salt.

Make mush with the meal and milk and let it cook at back of the range, with tight lid on, for 2 hours or more. Then add the other ingredients in order as written—the rinds of the lemons grated and juice squeezed in, and eggs all beaten light together. Dust the fruit with a small cup of flour. Steam in pudding moulds an hour and a half or longer, according to size. This makes  $4\frac{1}{2}$  quarts.

Butter the moulds and shake flour inside before filling. Serve with any sauce suitable for English plum pudding.

### 635. Thanksgiving Pudding.

#### Indian Plum Pudding Baked.

The same as the preceding, except that chopped apples can be used instead of currants, or in addition to them, which would make the steamed pudding too soft. Spices can be added at option. May be baked in deep ornamental moulds, well buttered and dusted with flour, and served with burning brandy sauce. Will bake in half the time required for steaming.

### 634. Fatty Bread and Buttermilk.

This entree never appeared on any bill-of-fare. It was hoped that nobody will make it, it might be thought too rich for good health. It is put in here merely in an historical sort of way, because it is strictly American and is not on record in any of the French books. To be still more precise, it is an institution of Blackville, and the people who believed in it had broad shiny faces and did not know a thing about dyspepsia. Although again it is hoped nobody will ever make anything so greasy anymore, it has to be recorded that the boys who did not belong in Blackville had a wonderful knack of coming home from squirrel shooting at sundown, just at the most favorable time for snatching a portion of this peculiar feast, to which the Blackville people did not welcome them, and always declared it tasted better than butternuts. There are many Blackvilles in the United States, and the one where this dish came nearest being named in French was on Bayou Black, not very far from New Orleans, but you could not translate the French spoken there, and, moreover, calabashes full of sugar cane juice from the mills

took the place of buttermilk, and it was not quite the same thing. But there was a Blackville near that large hotel at White Sulphur Springs, and Blackville near Brownsville, on Blackwater river, at the Sweet Springs in Missouri.

It was only in the flush times of hog killing that Blackville could indulge in this luxury; but if company was expected from the opposition village, whatever its name was, perhaps the young Blackvillans with their 'possum dogs would pass a whole night in the woods and fell any number of trees till they had 'possums enough. Because you can't make fatty bread without fat, and 'possum's fat does very well.

Somebody has to churn in the morning and take the buttermilk down to the spring house to become cool. The rest of it is very simple:

1 pound of corn meal.  
 $\frac{1}{2}$  pound of lard or 'possum fat.  
 Salt.

Pour the lard, melted, into the meal, and stir in enough cold water to make it like thin mush.

Spread in thin cakes on the hot stove lid, and when fried on one side turn them over. If you have no stove, but only a fireplace that takes in half a hickory tree trunk at a time, rake out some coals and bake the cakes in a spider.

To be eaten hot, with cold buttermilk.

In extreme contrast to the foregoing is the Whiteville variety of bread.

### 636. Corn Dodgers.

The ordinary dinner bread of the South.

Take the required quantity of corn meal, say a quart, and stir it up with cold water enough to make it like thick mush, just so that it can be shaped. Make it with hand or spoon, in shapes like goose eggs, and place them almost touching in a baking pan that is kept hot on top of the range while they are being placed. Bake in a hot oven.

It is usually insisted upon that no salt shall be put into this kind. Serve hot.

Simple as this is, some persons can make it twice as palatable as others. One requirement is to make the meal take up all the water it will carry without losing shape. Another is to bake it in a very hot oven, so that it will become brown without being too dry and hard.

While everybody will agree that there must be a perfection point for every common article, beyond which it cannot be improved, it is hardly likely that anyone will take the trouble to scald the meal for batter cakes. There is not time for all these little things in hotel business, and yet it has to be set down that therein lies the point that beats common work. The following will do without:



**637. Corn Batter Cakes.**

- 1 pound of white corn meal.
- $\frac{1}{2}$  pound of flour.
- 3 ounces of melted lard ( $\frac{1}{2}$  cup).
- 2 eggs. A little salt.
- 1 quart of milk or water.
- 1 teaspoonful of baking powder.

Mix gradually to avoid having lumps in the batter, add the lard, melted, and the powder last. If no milk, a spoonful of syrup is required to give color. But sometimes you have to work for thorough philomaizians who love corn for itself alone and do not want any flour in theirs. In that case you must scald the meal.

**638.****Corn Batter Cakes Without Flour.**

- $1\frac{1}{2}$  pounds of corn meal.
- 1 quart of water or milk.
- 4 ounces of lard.
- 4 eggs. Salt.
- 1 teaspoonful of baking powder.

Scald the meal with half the water, and mix up the same as if for corn bread.

In all the preceding receipts where baking powder is directed to be used, it is to be understood that buttermilk and soda will do as well, if the buttermilk be genuine, not watered, and sour enough to counteract a small teaspoonful of soda to the pint.

**639. Theory and Practice.**

Since it has become the very general custom to eat one or other of the several varieties of mush as a first course at breakfast and supper, the best methods of preparing the simple dish so as to have it in perfection can no longer be considered a matter too trifling for any first-rate cook's attention. Besides, whatever of consequence mush may lack in the instance, it gains through diffusion, for thousands of cooks are wanted to make good mush for every one that is required to prepare costly and ornamental dinners; so, you see, from the utility point of view, well-cooked mush is a thousand times better than well cooked truffles. And if that reads like a riddle it will have to go, for there is no room here to straighten it out.

When a lot of corn meal is piled into a saucepan of water, not half enough for so much meal, and impatiently stirred up and served ten minutes afterward, that is not mush. I don't know what it is. There is no name for it. But yet there are people so possessed with the idea that mush can never be cooked enough, that they become crotchety, one might almost say fanatical, in pursuing the other extreme.

As we may have to go to the Germans for instruction in German dishes, to the French when the matter is French, and to the English when the excellence is reputedly theirs, perhaps no excuse is needed for going often to the Southern States, even to plantation life for instances, whilst American corn meal has the

front place. Down in that land of large estates and extensive operations, there used to be places where from year's end to year's end the mush cauldron never stopped boiling, except as it was emptied and replenished once in every twenty-four hours, that being the time considered necessary for the meal to cook before it could become wholesome food for the scores of laborers whose principal food it was. These kettles, some with mush and some with hominy, hung in huge fireplaces, and were tended by old crones, with stirring paddles like boat oars, day and night, like the witches in Macbeth with their "bubble, bubble, toil and trouble; fire burn and cauldron bubble." How should we like to make mush for the folks that way? There are a good many degrees between ten-minute mush and twenty-four hour mush, and as to the stirring there are very few hotels where even ten minutes can be bestowed upon that part as a regular thing. Fortunately there is little need of it. Heat and steam are restless enough to keep up a very fair bubble of themselves without much manual labor. It seems to be with corn meal as with rice, it will take up a certain amount of water and no more. Ten ounces of rice will absorb a quart of water and all the water that is added beyond that only tends to separate the particles and make a blue gruel. Five ounces of corn meal will do the same as the ten ounces of rice, absorb a quart of water and no more. With a much less proportion of water the meal can never be well cooked, because the finer particles take up the water first and the coarse grains always must remain raw and hard, no matter how long on the fire. Rice will cook well done in three-quarters of an hour; corn meal requires about three hours to reach the same point, although it may be passably good after only one or two hours boiling.

To reduce the time of cooking some people steep the meal in water several hours before. There is nothing to be said against this except that it is likelier to be forgot or neglected than remembered and becomes a cause of irregularity under the usual hotel conditions.

**640. Corn Meal Mush.**

- 2 quarts of water.
- 10 ounces of white corn meal.
- 1 rounded tablespoonful of salt.

Use a flat-bottomed, bright iron saucepan. Brush the inside with the least possible amount of melted lard. This reduces the tendency to burn and lessens the waste. Put the salt in the water, boil, and sprinkle the dry meal in with one hand while you beat with the large wire egg-whisk in the other, till all is in and there are no lumps to be seen. Put on the lid, push the saucepan to the back of the range and let it simmer with the steam shut in for three hours.

Then turn it out and keep it hot in a bright sink in the steam chest.

Where the mush has to be made on a cook-stove, a cast pot with feet, to raise the bottom an inch from the fire, is best.

You will have the same measure of made mush as you had water at first; four quarts of water and twenty ounces of meal producing one gallon.

Double the quantity required for one meal should be made and half put away to become cold to fry. For this purpose very slightly grease a bright tin pan, press the mush evenly into it, and slightly brush over with a brush dipped in melted lard again. No matter how little the grease, it prevents the formation of a crust by drying on top. Warm the pan a few seconds and the mush, when cold, will turn out without trouble.

Each quart of cold mush will cut into about ten blocks or slices for frying.

#### 641.

Fried mush is one of the things, as fried potatoes is another, that has a telling effect in giving the impression of excellence or otherwise of the hotel table. That indefinite something so often mentioned, called excellence of *cuisine*, is made up of hundreds of such trifles as properly fried mush.

Recently a correspondent of a leading New York newspaper, and whose letter in part was reprinted in the REPORTER, had occasion to comment upon a breakfast at one of the famous hotels of Boston, and went into well trained ecstasies over the simple perfection of it all. "O, the ineffable *cuisine*!" was the exclamation, and of course it was a woman writing, for men never think of original expressions; one says "the cooking was tip top," and all the succeeding thousands say the same words. Well, there was no mention of fried mush, but there was a hint of golden-hued cutlets—breaded cutlets—and the same conditions and effects pertain to both articles.

There was an intimation of crisp salad, and delicately browned rolls and perfect, fresh butter. When, in any case, you are curious to know "upon what meat doth this our Caesar feed?" you may be sure that it is nothing more than you yourself can buy in the market, and at the best of breakfasts the cups are not so liable to be "filled with the nectar that Jupiter sips," as with good coffee and chocolate. The beasts prefer them.

This tempting-looking fried mush—and breaded cutlets, too—cannot be had, as a rule to be depended on, unless lard, good fresh lard, can be afforded for the frying. One thing essential to the houses of ineffable *cuisine*, is to be always excellent, and not good for one observer and indifferent for the next. But cheap, home-saved material, if good sometimes, always carries a proviso. Meat drippings and soup stock toppings are good in a comparative sense, but

are apt to make the fries dark colored. Also, these articles cannot be had perfect unless cracker meal can be afforded to bread them with. Stale bread dried and crushed and sifted is next best; corn meal for breading is the worst of all. But powdered bread produces a reddish brown, and when dripping for frying is used with it, the mush often looks more like smoked meat. I do not wish to be understood as advocating expensive ways. All the cheap ways are to be given in these columns; ways of cooking without eggs, without cream, or milk, or butter, without baking powder; and it will not have to be said the articles so made are as good as the best, only that they are good enough; but the opportunity is here improved of showing by one instance out of hundreds, how some tables are and must be better than the rest, and why people cannot have four dollar fare for three dollars, nor three dollar fare for two. When breaded articles like fried mush are made so good with crushed bread crumbs and meat fat from the roasting pans that nobody observes any inferiority, the credit is wholly due to the skill and carefulness of the cook. Corn meal for breading has such a bad appearance that it ought to be counted out. People who like the taste of fried meal, and will have even oysters breaded with it, have to forego the neatness and color that the other methods give.

One of our French preceptors gives us a homily on frying, put in the readable form of a Count So-and-so lecturing his cook, who, on the occasion of a dinner to invited guests, had spoiled a choice fish through putting it into lard (or oil) not hot enough. The gist of it is, that if you put the breaded article into lard not hot enough to immediately cook the outside, the breading washes off, the juices of the fish or meat ooze out, and these cannot be browned at all without being entirely dried out. With an article so largely made up of water as mush, it is still more necessary to have the outside coat of egg and crumbs instantly set, otherwise it will merely melt away and be lost.

#### 642. Fried Mush, Breaded.

Take the pan of cold boiled mush, prepared as already described, and having slightly warmed the bottom, turn it upside down on a clean paste-board, kept for the purpose. Cut the mush into blocks, square or diamond-shaped, or else into slices or fancy forms, according to the use intended.

For every quart of mush one egg is required, to be beaten up with an equal amount of water.

Roll the pieces in this, and then in the meal made by pounding and sifting crackers.

Have a saucepan half full of lard made hot enough to hiss loudly when a drop of water touches it, but yet not smoking. Drop in the mush a few pieces at a time; fry them yellow-brown—about ten minutes—then place them in a colander set in a pan, and in a hot place, to drain and dry before serving.



Wonder by what mischance in the distribution of names, it happened that we drew mush from German *mus*, when the other corn-raising peoples nearly all drew Latin polenta?

For it is not to be supposed that we have the monopoly of mush, excepting the poor word itself. That, indeed, does not seem to be known even to the English as a household word, for our mush, if they take it as an experiment, they call maize porridge, our oatmeal mush is the Scotch oatmeal porridge, our cracked-wheat mush is the English frumenty, and mush they will not say at all.

France, which raises annually thirty million bushels of corn, makes mush and mush puddings, but calls mush polenta.

The term is specially applied to pudding made of the meal of chestnuts, the same that, possibly, Count Nesselrode was fond of, for, improved to a superlative degree, we now find a pudding of chestnuts called Nesselrode pudding; but the Italian polenta, a corn meal pudding, is also made in France, and polenta for mush has a general application. Portugal raises fifteen million bushels of corn, and makes corn food, and there it is not prosaic mush but musical polenta. Italy exceeds them all, raises forty-five million bushels, makes mush, and calls it polenta. Also, Brillat-Savarin, enumerating the various articles contributed by different countries to make a perfect *cuisine*, says that Italy sends *polenta liqueurs*, and in the want of better knowledge, the supposition is unavoidable that he meant Italian corn whisky or its compounds. Even our neighbor, Brazil, raising and using large amounts of corn does not call mush our tasteless way, but speaking Portuguese no doubt sups on melodious polenta.

Now mush does well enough for every day use, but we want something for Sunday and company times, and mush, look at it any way you please, is positively too homely and humble to be elevated to any conspicuous position. The article mush is wanted to go to table with some very nice entrees; it is pleasant to the sight and good for food, and can be cut handsomely and browned prettily and set up ornamentally, and is good for *carapes* and *fleurons*, and *croustades*; but the word mush will never fit in gracefully where mush ought to be; it will not harmonize with the grand surroundings of notable opening days and splendid banquets at gilt-edged hotels; it will hardly be admitted to the finest bills of fare, to be printed in gold on satin, with borders of Japanese mocking-birds and garlands of roses from Bendemere's Stream, now will it? But you cannot say the same of polenta, the difference is immense.

Polenta is Italian, and used to mocking-birds and roses and all that. Mush is Cinderella, but polenta is Cinderella changed to the princess. If this difference is not already apparent, let us put it to the test. You cannot imagine mush being introduced with pro-

priety into any line of tragic or heroic verse, but polenta can be, and can hold its own. Take this example:

"O, Romeo, Romeo! wherefore art thou Romeo?"—instead of a member of some other family—and it will be seen that without the least loss of dignity our impassioned Juliet might shout:

"O Polenta, Polenta! wherefore art thou Polenta?"—instead of bread-crumbed trout. With due care taken to give the true lisp to the "t" in polenta, as it would be heard in some old moss-grown inn in Granada, under the shadow of the Alhambra or any other Castle in Spain, the paraphrase possesses a depth of plaintive passion that would set the mock heroics which do so murder the original at defiance. And yet polenta is mush, but note the difference:

"O Mush, Mush! wherefore art thou Mush?"—instead of Polenta.

No use; even capitals do not help it—will not ring in right at all, but you immediately think of Bottom, the weaver, and Starveling, his mate, and "O Bottom, Bottom! thou art translated!"

This is an idle fancy, but it is serious, too, for we want to put mush, at least fried mush, on the finest bills of fare that are gotten up—bills for the Capulets and Montagus, stately as Romeo, dainty as Juliet, if not so tragical. Some of the finest bills of fare extant have, for a dainty dish, "Marrow on Toast." Mush might well take the toast's place, yet, it is hard to say why, "Marrow on Mush" does not seem so stylish. "Border of Mush, Filled" with something, would not cut as grand a figure among the entrees as "*Bordeur de Polenta Garnies*" now would it?

Speaking of Juliet, isn't it Juliet who says:

"That, which we call a rose,

By any other name would smell as sweet?"

Literally taken, millions have agreed to that, but there is something behind the literal; words are beguiling.

"Who is't," quoth he, "that there reposes,  
Upon yon bank of summer roses?"

Here the idea conveyed by reposes on roses is so pleasant that you forget about the probable thorns and go on reading to see what other pleasant things there are, and it is the same with eating as with reposing. Let a person spend a season at some delightful winter resort and write home about the "exquisite mush," and all the people written to would surely laugh. But let it be the other case, and let the expression be "O, the divine polenta," and they would no more laugh than they would at the divine Piccolomini or the divine Celestina, but would go on reading to see what other good things you were having, and would forget about the probable cheapness of polenta, which would be the thorn in this case. Thus, it is seen, mush has a very bad case, and it is hard to see what is to be done about it. Perhaps somebody will help out this philological difficulty, and we will go right along with our receipts.

**643. Polenta Frite.**

Fried mush can be used to good advantage in many dishes that usually have toast, or fried bread or fried potato garnishes, but in the guileless form of the common breakfast fried mush, it is open to the same objection that Brillat-Savarin brings against the potato; he says: "I never take any. I think nothing of the potato unless as a stop-gap in times of great scarcity. It is, to my taste, most insipid." Therefore resort should be had to the gastronome's expedient in many similar cases; slice the mush thin, cut the shapes small, and mix minced cheese with the cracker meal to bread it with. The proportion of cheese is about one cupful, finely minced, to three cupfuls of cracker meal, but it must depend upon the quality of the cheese. Needs extra care in frying, as it soon acquires a deep color.

**644. Polenta, a l' Italienne.**

A cake of buttered mush, with cheese baked on the top.

1 quart of water.

6 ounces of yellow corn meal.

2 ounces of butter.

4 ounces of cheese, minced.

Level teaspoonful of salt and pepper mixed.

Half cupful of cracker meal.

Brush the inside of a small saucepan slightly with melted butter, and make mush with the water and meal in the usual way, letting it cook with a lid on, in its own steam, on the furthest corner of the range, about 2 hours. Then stir in half the butter and the pepper and salt. It should be a stiff, well-cooked mush. Spread the other ounce of butter on the baking pan bottom—a 2 qt., bright, shallow milk-pan is best—sift half the cracker meal on that, then place the mush by spoonfuls so as to smooth it over at last without disturbing the under crust. When leveled over, strew on the minced cheese, sift rest of cracker meal on top, and bake in a brisk oven half an hour, or till nicely browned at top and bottom. This is a good dish for lunch. May be served like macaroni and cheese, or macaroni cake. Is best baked *en caisse*, that is, in little paper cases.

When the cheese furnished is too dry to melt in the oven, moisten the top with the back of a spoon dipped in melted butter. When too rich and melting, use less, and more cracker meal.

**645. To Fry Mush Without Eggs.**

Mix flour and water together to make thickening of the consistency of cream, without lumps. Roll the pieces of mush in it instead of egg and water, then in cracker meal, or bread crumbs, and fry in the usual way. A half cup of water or milk to two

heaping tablespoonfuls of flour makes it. Milk gives the better color. The frying grease has to be hotter and fewer pieces must be put in at once to make this way nearly as good as the other. It answers very well, also, to roll the mush in rich milk without flour.

**646. Mush Sautes.**

*Sautes* is *sauteed*, in meaning, according to English terminations, and that means fried in a common frying-pan like fried eggs, etc. The French or proper frying requires a quantity of hot fat or oil, as indicated in the preceding directions for fried mush.

The word *Sautes* is perpetually appearing in hotel bills of fare, but the people to whom it conveys any meaning are extremely few. It seems to be usually guessed to mean sauce. As it is a technical term, a person might read French a long time without meeting with it elsewhere than at table. There is sufficient reason for its use, seeing that no other word expresses the same thing correctly.

To saute mush, cut it in slices not over half an inch thick, and flour them all over. Place a spoonful of lard, clarified butter or clarified meat fat, in the frying pan, and when hot put in two or three slices, not near enough to touch. Brown it quickly, and turn over with an egg slice. Is only good when fried as wanted and served immediately.

There is still another variety of mush, and whether we make use of the knowledge or not, the necessity of at least being posted on them all was well exemplified in the luck of a certain man from Boston. He came from one of the best hotels of that city, and obtained a good position in St. Louis. What he claimed to have been, or what he had been in the famous Boston house, is neither here nor there, but it was evident that his had been only one particular line of duty, for, unexcelled in some things, there were other smaller matters that baffled his efforts, and one of these was fried mush. He knew of but one kind, and that was fried mush balls, which, you see, was a great misfortune, considering that he was head cook of a large hotel, having assistants who did not think it best to do otherwise than as he directed. So mush balls they made and made them good, very likely, or else the demand was small and the style unnoticed, for that way lasted quite a while. But presently evil days came, and brought with them some people of grand import, who had been boarding at the Hotel Terrible, up the avenue.

They came in a huff, and soon began to sniff, and looking about for inferiorities, observed the fried mush balls. Then they pulled them apart, analyzed them, condemned them. If there was anything they did love, it was good fried mush; but these mush balls were simply atrocious. They demanded what they were pleased to term the genuine article. But they might as well have called spirits from the vasty



deep, that would not come when they did call them, for neither they themselves nor anybody else could tell what difference of process was required. So dissatisfaction grew up on both sides. It took an earthquake to "roll" the cooks out of their kitchens at Pompeii, and required an eruption of Vesuvius to make the bakers forget their bread in their ovens at Herculaneum, but that was in grander times than these, and it is not exceeding the truth to say that this sad fugitive from the modern Athens was impelled to sever his connection through no greater reason than the vacuity of his perceptions of the inherent possibilities of fried mush. Perhaps you think that after he was gone all was peace, and joy, and love, but it was not. His successor's mush was orthodox and irreproachable, but—

Well, there were some old habitudes who had conceived an affection for the other kind, they did not know what made the difference, but there was a solid sweetness in the other that the new kind did not possess. The new cook did not understand it either, for he only knew one way; so they split the slices and double breaded them, and tried to make believe, and worried along, and I think they are all dead by this time and out of their troubles, but if ever you get into such a place after learning the following receipt, you will know what they want, better than they know themselves.

#### 647.

##### Fried Mush Balls, or Fried Pone.

- 1 pound of corn meal.
- 1 pint of boiling water.
- 4 tablespoonfuls of melted lard.
- 1 egg.  $\frac{1}{2}$  cup cold water. Salt.

Scald the meal with the boiling water; add the rest of the ingredients; flour your hands; make round balls, and fry in a saucepan of hot lard. They require long cooking.

No doubt it could be easily demonstrated that four cooks in a hotel kitchen accomplish more in the culinary line than do forty domes ic cooks in twenty private houses. No particular credit to the hotel cooks, but it is owing to the larger scale and system of their work, the greater capacities of their ranges and utensils, the labor-saving conveniences, water and drainage arrangements, and the larger quantities handled. It takes but little longer to cook five pounds than one, scarcely more trouble to make a gallon of soup for twenty persons than a quart for a family. But the emergencies are many, too. There has to be a dropping off and leaving out of many long and tedious processes. That which cannot be made in short time, is most likely not to be made at all, or else attempted and spoiled.

There are printed directions for numerous articles apparently desirable, that must be constantly stirred or otherwise worked one or two hours. To follow

such in hotel work is simply impossible, it would require a small army of assistants. The common objection is valid—"O, we can't—there isn't time." The choice, then, lies between making many cheap and good preparations in a half-way manner; giving them up entirely, or finding out the reason why of the long processes and getting at the same results by shorter methods. There will be, it is hoped, many better illustrations than this of corn meal puddings, yet this will serve, and may the sooner establish an understanding of the motive of many directions that might otherwise seem peculiar. It is commonly said that corn meal puddings must bake three hours or longer, but in a hotel doing a healthy business it is extremely inconvenient to keep one minor article, and one so liable to burn, in the oven for that length of time. Fishes and meats have to go in and out, then vegetables and pastry; three hours baking involves three hours watching, and the strain upon memory lest it be neglected. There is no need of this. The only reason for long cooking is to cook the meal thoroughly, and that is better done in a saucepan with a lid on in any out-of-the-way corner, or even in a sink in the steam chest. To bake a pudding longer than till the eggs are well set, is generally an injury. What is at a certain point rich, smooth and custard-like, becomes, with longer baking, watery and inferior, through the curdling of the eggs, just as is seen to happen when a custard is allowed to boil. Cook the materials as much as you please before the eggs are put in, but very little after.

Several puddings of corn meal have already been described, the next is a plainer and cheaper sort. Not necessarily the worse for that—it is mere matter of taste.

#### 648.

##### Plain Baked Indian Pudding.

- 2 quarts of water, or milk.
- 12 ounces of corn meal.
- 2 ounces of butter, or suet.
- 6 ounces of molasses (a tea cupful).
- 1 teaspoonful of ground ginger.
- 4 eggs. Little salt.

Make mush with the meal and water, and let it simmer about 2 hours. Then add the other ingredients and bake in a buttered milk pan nearly an hour. Makes 2 $\frac{1}{2}$  quarts.

#### 649. Common Brown Bread, Yeast Raised.

- 1 pound of corn meal about 3 cupfuls.
- 1 pint of boiling water—2 cupfuls.
- $\frac{1}{2}$  cupful of black molasses.
- 1 cupful of cold water.
- 1 cupful of yeast, or a yeast cake in water.
- $\frac{1}{2}$  pound of either rye or graham flour.
- $\frac{1}{2}$  pound of white flour, a heaping pint.
- Salt.

Pour the boiling water over the corn meal in a

pan and mix, throw in a teaspoonful of salt, add the molasses and cold water, then the yeast and then the two kinds of flour. Line two sheet-iron brown bread pails with greased paper, put in the dough and let rise from one to two hours, then bake or steam for five hours. If steamed, bake the loaves afterward long enough to form a slight crust.

A good sort of bread is made as above with a pound of graham sifted through a common flour sieve to remove the coarse bran, and the white flour omitted; or with all rye flour and no graham or white. Care should be taken not to scald the yeast by adding it to the hot meal before the cold water. When this kind of bread is sticky when sliced it shows it was made up too wet. When the loaves come out hollow or caved in it shows too much fermentation.

### 650. English Home-Made Brown Bread.

- 3 pounds of sifted graham flour.
- 1 quart of warm water.
- $\frac{1}{2}$  ounce of compressed yeast.
- 1 teaspoonful of salt.

By sifted graham is meant flour with the coarsest bran taken out. Commence 7 or 8 hours before time to bake. Dissolve the yeast in the water and mix up half the flour with it, that is "setting sponge." Place the pan in a warm corner, to remain 4 hours. Then throw in the salt, mix up to stiff dough, scrape out the pan and knead smooth. Brush over the pan with the least possible amount of melted lard, or lard and hot water to prevent sticking, put in the lump of dough and brush it over, and let rise 2 hours more. Then knead, make into loaves, rise again and bake.

Where potato yeast is used instead of compressed, take about one-fourth as much yeast as water.

The foregoing is the kind of bread fashionably served with stewed slices of fish.

### 651. Rhubarb Marmalade for Tarts.

Rhubarb flavored with oranges and boiled down with sugar.

- 4 cupfuls of rhubarb cut very small.
- 2 cupfuls of sugar.
- 3 oranges — or orange peel only.

Grate the yellow rind of the oranges into the saucepan and then cut up the insides, carefully excluding the seeds and white pith. Put in a spoonful or two of water to wet the bottom, then the sugar and rhubarb, and simmer at the back of the range with the lid on for an hour. Keep in a jar. Use to fill tarts or spread between layers of cake.

### 652. Marmalade of Canned Apricots.

- 2 cupfuls of sugar to 2 cupfuls of apricot pulp.
- Drain the fruit from the syrup by pouring all into

a colander set in a saucepan. Press the fruit through the colander into another vessel and measure it. Put as much sugar by measure into the apricot juice in the saucepan and boil them gently for half an hour, skimming once; then put in the mashed apricot and simmer down thick.

### 652 a. Pumpkin Butter—Fine Quality.

- 2 pounds or pints of dry mashed pumpkin.
- 1 pound of sugar. 4 ounces of butter.

Flavoring either of shaved lemon rind, cloves, nutmeg or race ginger.

The pumpkin must be dry, either baked or steamed. Mash it through a strainer, mix the sugar and butter with it and the piece of ginger bruised, or thin shaved lemon rind; let simmer at the side or set upon bricks on the stove for perhaps an hour. It becomes thick and semi-transparent; can be kept in jars in a dark place. Good for the same uses as fruit jellies and marmalade.

### 652 b. Peach Butter.

- 8 cupfuls of sliced peaches.
- 4 cupfuls of sugar.
- 2 cupfuls of water.

The peaches need not be peeled, but should be rubbed in a coarse towel before slicing.

Put the water into a kettle or bright pan; then the peaches; shut in the steam and let cook at the back of the stove, or set on bricks, for an hour or longer. Then add the sugar, and do not leave it, as it burns very easily, but keep stirring with a broad wooden paddle while it boils one-half hour more. Keep in a jar in a cool place.

### 652 c. Caterers' Wedding Cake.

- 2 pounds of sugar.
- $1\frac{1}{2}$  pounds of butter.
- 12 eggs. 2 pounds of flour.
- 8 tablespoonfuls of wine. Same of brandy.
- 6 nutmegs ground or grated.
- 5 pounds of raisins.
- 4 pounds of currants.
- 2 pounds of citrons.

Stone the raisins, wash and dry the currants, cut the citron small, then mix all three together and dust them with a cupful of flour.

Mix the first four ingredients together the same as if for pound cake, add the liquors, nutmeg, and then the fruit.

Line the mold with buttered paper, and wrap another paper around the outside and tie it with twine. Bake the cake about three hours.

### 652 d. Layer Fruit Cake.

Sheets of pound cake mixture baked in jelly cake pans; minced raisins, citron, almonds and currants mixed with icing and spread between.



**653. Pound Cake.**

14 or 15 ounces of sugar.  
12 ounces of butter.  
10 eggs.  
1 pound of flour.

Warm the butter and sugar together slightly and work them with a spoon till creamy and white. Add the eggs 2 at a time, and then the flour in 3 or 4 portions. Beating the batter after all the ingredients are in tends to make the cake fine grained. Pound cake should not be flavored.

Pound cake, doubtless is so called, because it can be made with a pound of each of the ingredients. The 10 eggs weigh a pound. But so much butter makes it too rich to be good eating.

**654. Pound Fruit Cake.**

The staple every day sort of plum cake. The fruit does not sink to the bottom in this mixture.

14 ounces of sugar.  
14 ounces of butter.  
11 eggs.  
18 ounces of flour.

Mix the above the same as pound cake, then add to it:

2 teaspoonfuls of mixed ground spices, cinnamon, mace, and alspice.

1 lemon, grated rind, and juice.  
1 pound of raisins.  
1 pound of currants.  
8 ounces of citron.  
Half cupful of whisky (optional).

Use seedless raisins. Nothing is good made full of raisin seeds. Mix the fruit together and dust it with flour before stirring it into the batter. The cakes require from 1 to 1½ hours to bake.

**655. Citron Cake.**

Either of the preceding pound cake mixtures with 1 pound of citron cut in shreds and added, and a little lemon extract.

**656. Wedding Cake—Rich Fruit Cake.**

1 pound of sugar.  
1½ pounds of butter.  
10 eggs.  
1½ pounds of flour.

Mix the above like pound cake, then add:

1½ pounds of seedless raisins.  
1½ pounds of currants.  
1 pound of citron.  
8 ounces of almonds, blanched.  
1 tablespoonful of mixed ground spices.  
Half pint of brandy.  
1 lemon, juice and grated rind.

Bake in molds lined with buttered paper. Takes from 1 to 2 hours according to depth. This cake cannot be cut while fresh without crumbling, but becomes moister and firm with a few days keeping.

**657. Richest Fruit Cake—Black Cake.**

Prepare the fruit first.

2½ pounds of seedless raisins.  
2½ pounds of clean dry currants.  
1½ pounds of citron, shred fine.  
2 ounces of mixed ground spices—cinnamon, cloves, nutmeg and mace.

1 small cupful of strong black coffee.  
1 small cupful of reboiled molasses.  
1 small cupful of brandy.  
1 tablespoonful of extract of lemon.

A small addition of almonds, nuts, candy, or cut figs can be made if wished.

Then mix the cake batter:

14 ounces of sugar.  
14 ounces of butter.  
11 eggs.  
18 ounces of flour.

Mix up same as pound cake, after the flour is all in add the 2 ounces of spice, then the coffee, molasses, brandy and lemon extract. The batter will then be quite thin. Dust the fruit well with flour and and mix it in.

Line two cake molds with buttered paper and divide the mixture into them. Set the molds in the middle of a sheet or two of greased paper, gather it up around them and tie with twine, thus wrapping the molds in paper to shield them from too much heat and avoid burning the fruit. Bake from 2 to 2½ hours in a slack oven.

658. The black cake above should be at least 2 or 3 days old before it is cut. The amount of cake batter only serves to hold the fruit together, but, it ought to be mentioned, the quantity of the pound cake mixture in it may be doubled and all the other ingredients remain the same and it will still be a very rich black cake.

**659. Mountain Cakes.**

Pound cake baked on jelly cake pans, 4 or 5 or more of the sheets piled on each other with cake icing spread between, and on the top. Decorate the top with the kernels of hickory nuts.

**660. Drop Cakes.**

Pound cake mixture, or butter sponge cake mixture with a handful or two of flour added and a little baking powder placed by spoonfuls on greased baking pans make the cone shaped drop cakes of the shops. A strip of citron, a few currants or granulated sugar on top make the variations.

**661. Lafayette Cake.**

Two sheets of pound cake baked in two shallow baking pans. Spread one with jelly, place the other on top and ice it over. Mark it in oblongs before the icing gets quite dry.

**662. Small Cream Cakes.**

Drop the butter sponge cake mixture on greased baking pans. Let the cakes be about the size of silver dollars. They will run out thin. Dredge sugar on top with a dredger. Bake light. Spread pastry cream between two placed together.

**663. Sugar Cake Made Without Eggs.**

8 ounces of sugar.  
4 ounces of butter.  
1 large coffee cupful of milk.  
Nutmeg to flavor, or caraway seeds.  
2 teaspoonfuls of baking powder.  
1½ pounds of flour.  
Mix up like biscuit, the butter melted and added to the milk with the sugar. Roll out and bake in a shallow pan. Brush over with milk before baking.

**664. Cookies, Sugar Cakes. Best.**

1 pound of sugar.  
1 pound of butter.  
12 eggs.  
3 teaspoonfuls of baking powder.  
Flour to make soft dough—3 pounds.  
Cream the butter and sugar together the same as for pound cake. Beat the eggs and mix them in, then the powder, add some flavoring, then flour. Let the dough, after it has been worked smooth, stand a few minutes before rolling it out. Sift sugar over the sheet of dough before cutting out the cakes.

**665. Cookies, Common.**

1 pound of sugar.  
8 ounces of butter.  
6 eggs.  
1 cupful of milk.  
4 teaspoonfuls of baking powder.  
2 pounds of flour.

**666. Hard Cookies or Sweet Crackers.**

To cut in fancy shapes. They do not spread or lose form.

12 ounces of powdered sugar.  
6 ounces of butter.  
6 eggs.  
Half cupful of milk.  
1 teaspoonful of baking powder.  
2 pounds of flour.  
Lemon or cinnamon extract to flavor.

**667. White Cocoanut Cookies and Small Cakes**

Make the cake mixture number 15 and add grated or desiccated cocoanut to it. Roll out with a little more flour and cut small cookies. Sugar over the tops before baking. The same may also be baked in muffin rings and iced on top with cocoanut mixed in the icing.

**668. German Cookies.**

Make cookies of either of the mixtures and after placing in pans egg them over with a brush and sprinkle on them chopped almonds mixed with gravel sugar. Bake light colored. Gravel sugar is the small lumps from crushed sugar sifted through a colander.

**669. Jumbles.**

Are cookies in ring shapes, of various degrees of richness of mixture. Commonly they are only cut in rings with a ring cutter; properly they should be made with a sack and tube.

\* Take a lady-finger tube and file the edge into saw teeth and press out the jumble dough in a ribbed cord, of which form rings on the baking pans. The cooky mixtures may be used, or this:

1 pound of sugar.  
12 ounces of butter.  
8 eggs. Flavor of lemon or orange.  
2 pounds or little less of flour.  
No powder.

**670. Ginger Snaps, Rich Kind.**

8 ounces of butter.  
8 ounces of white sugar.  
3 eggs.  
1 to 2 ounces of ground ginger.  
1 teaspoonful of baking powder.  
1½ pounds of flour.  
Make same way as cookies. Sift granulated sugar over the sheet of dough and run the rolling pin over to make it adhere before cutting out the cakes.

**671. Grantham Ginger Snaps, English.**

12 ounces of white sugar.  
8 ounces of butter.  
8 eggs.  
1 teacupful of milk—small.  
2 ounces of ground ginger.  
2 teaspoonfuls of baking powder.  
1½ pounds of flour.  
Mix up in the usual way for cookies. Sift sugar over before cutting out the cakes.

It is generally best to make the dough for all kinds of cookies and sugar cake as soft as it can possibly be rolled out. Different persons make very different



cakes of these sorts from the same receipts, and the common fault is too much flour in the dough. The baking powder too is responsible for some of the changes. With too much powder the cakes run into each other and lose the good round shape they ought to have.

### 672. Brown Ginger Cookies, Good Common.

8 ounces of butter.  
8 ounces of sugar.  
8 ounces of black molasses.  
4 eggs.  
2 ounces of ground ginger.  
Half cupful of milk or water.  
4 teaspoonfuls of baking powder.  
2 pounds of flour, or enough to make soft dough.  
Mix the ingredients in the order they are printed in. Roll out and cut with a small cutter.

### 673. Ginger Nuts without Eggs.

8 ounces of butter.  
8 ounces of sugar.  
8 ounces of molasses.  
2 teaspoonfuls of ground ginger.  
2 teaspoonfuls of baking powder.  
Flour to make soft dough.  
Warm the butter, sugar and molasses together and mix them well, when nearly cold again add the ginger, powder and flour. Roll pieces of the dough in long thin rolls and cut off in pieces large as cherries. Place on buttered pans with plenty of room between. Bake light.

### 674. Sugar Cakes without Eggs.

8 ounces of butter.  
8 ounces of sugar.  
8 ounces of water—a cupful.  
2 teaspoonfuls of baking powder.  
1½ pounds of flour to mix, and more to roll out.  
Mix in the order they are printed. The softer the dough can be handled the better the cakes will be. Sift sugar over before cutting out.

### 675. Brandy Snaps.

1 pound of flour.  
8 ounces of butter.  
8 ounces of sugar.  
2 ounces of ground ginger.  
Lemon extract to flavor.  
1 teaspoonful of soda—rounded measure.  
1½ pounds of light molasses.  
Rub the butter into the flour as in making short paste, and add the ginger. Make a hole in the middle of the flour and put in the sugar, molasses and extract; dissolve the soda in a spoonful of water

and add it to the rest. Stir all together, drawing in the flour gradually while stirring.

Drop this batter with a teaspoon on baking pans—they need not be greased—and bake in a slack oven. The snaps run out flat and thin. Take them off before they get cold and bend them to round or tubular shape on a new broom handle.

### 676. Soft Ginger Nuts.

Make the dough as for brandy snaps, and add to it 8 ounces more flour. Roll it out to a thick sheet and cut out with a small cutter.

### 681. How to Make Stock Yeast.

There are two parts to this process, requiring about 5 days time before new ferment can be made from the new stock. But as stock will keep at least a month and much longer if bottled and kept in the ice-house, the trouble does not recur very often. The first part is:

### 682. Bottle Yeast. The Beginning of Yeast.

Get a strong quart bottle, an ale or champagne bottle will do. Make some strong hop tea by boiling a large handful of hops in a quart of water, cool it and strain it into the bottle, squeezing the hops dry to get the full strength. The bottle must only be two thirds full. Then put into the bottle, besides, two handfuls of ground malt and one handful of sugar. Shake up, cork, and tie the cork down with twine, like ginger-pop. Set the bottle on a warm shelf in a corner of the kitchen where it will not be disturbed and will not be in danger of getting too warm in the heat of the day. Let it stand there from 44 to 48 hours, by which time it will be yeast on a small scale, ready to start fermentation in the stock itself.

### 683. Second Part. Stock Yeast.

The bottle having stood long enough—or two days after corking it down—make about 2 gallons of hop tea by putting a pail of water into a kettle with a lot of hops—nearly a pound—and boiling them about an hour with a lid on the kettle. Put 2 pounds of flour into a large jar, pan, or keg and strain some of the boiling hop water into it—enough to wet and scald the flour thoroughly when stirred up; when there are no more lumps in the flour strain in all the rest of the hop water and cool it with a piece of ice. After that put in a quart of coarse ground malt and ½ pound of sugar. When this mixture is no more than milk warm take the bottle yeast, hold the neck downwards and carefully draw the cork—which will come out like the cork

from a bottle of champagne—and mix the two together. Set the jar or keg containing the stock in a warm corner where it may ferment undisturbed, and in a day and a half or two days afterwards the stock will be ready to start ferment with, as has already been directed at number 512.

It is not necessary to make the bottle yeast every time that stock is made, for new stock may be started with some of the old stock remaining, but whenever the ferment seems weak and slow, and whenever the bread begins to turn sour before it is light, then new stock should be started from the very foundation, in the bottle.

It may be observed that the above method renders a person who can get the raw materials quite independent of every other person's yeast and of any other kind of yeast to start with. He makes his own from the very first germ.

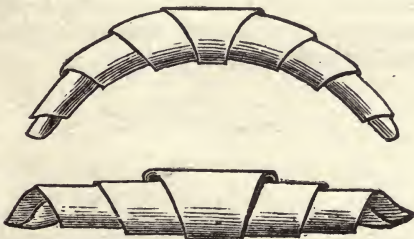
#### 684. Genuine Vienna Rolls.

4 pounds of flour.  
1 quart of milk.  
1 ounce of German compressed yeast.  
1 ounce of salt.  
1 tablespoonful of sugar,

Make the milk lukewarm and dissolve the yeast in it. Set sponge at 9 in the morning, at noon add the salt and sugar and make up stiff dough. Let rise till about 4. Then work the dough well on the table by pressing out and folding over.

Roll out the dough in one large sheet as thin as you can, which will be about the thinness of a dinner plate edge; then measuring with your hand cut the dough into strips or bands as wide across as your hand is long. Cut these again into triangular pieces for rolls, not equal sided but long and narrow triangles. Roll these triangular pieces up, beginning at the broad bottom end, and the point will come up in the middle, and there will be a spiral mark around from end to end.

Give each roll a few turns under the hands to smooth it and place it on the baking pan in the form of a crescent—just the shape and size of the new moon. Brush over with water. Let rise in the pans about half an hour and bake about ten minutes



GENUINE VIENNA ROLLS

Some time ago the writer saw a Vienna Model Bakery—so called—begin and flourish awhile, and at last go into bankruptcy in an attempt to introduce and make the above described rolls popular in a community that had but little appreciation of their excellence. For one thing it cost the firm \$2.50 per week for compressed yeast alone, to arrive on certain days by express, when they might have made the common kind at a scarcely appreciable cost.

The lesson is: German bread for the Germans, but Vienna rolls cannot be forced into the position of favoritism that is held by Parker House or Albany rolls, or split rolls by any other name. *Make the Vienna shape*, however, out of French roll dough. Brush over the sheet of dough with a little melted butter, then roll up the rolls, and after baking they they can be unrolled, and the people who eat will admire them.

#### 685. Baker's Apple Cake.

A sheet of the coffee cake dough (No. 540) covered with apples in slices stuck in edgewise and, after a little time allowed for it to rise, baked in a slack oven. Plain bread or roll dough is sometimes made to serve the purpose at the bakeries, and the apples are baked while baking with syrup and dredged with cinnamon.

#### A Plea for the Pastry Cook.

"In the time of Charles IX. of France, pastry cooks made such advance that the products of their industry held an honorable place in every feast; and they formed a considerable corporation, for we find that prince investing it with certain privileges." So says our most respected advocate and authority, and continues: "It is easy to entertain a large number of healthy appetites; with plenty of meat, venison, game, and some large pieces of fish, a feast for sixty is soon ready. But to please mouths that only open in affectation, to tempt women full of fancies, to excite stomachs of *papier mache*, or rouse an appetite which is ever flickering in the socket, would require more genius, insight, and labor than the resolution of one of the problems of the Geometry of the Infinite."

The pastry cook's occupation ought at least to rank equal to the meat cook's in the organization of the working force of a hotel. If it at present is held subordinate the reason may be found in the binding force of inherited customs; for the meat cook's office has existed ever since men first began to slay animals and toast their flesh over the camp fire for food, while the pastry cook's is a later outgrowth of the highest civilization. But having the more delicate and difficult tasks to perform it demands for their perfect execution a rarer kind of talent. Almost any person of ordinary shrewdness



and aptitude casually thrown for awhile amongst the cooks in a hotel may set up with a fair chance of succeeding as a meat cook himself in the vastly preponderating number of places where cheapness has to be the first consideration, and from that may easily reach the more lucrative positions; but first-class pastry-cooks, cannot be made in that way, for pastry cooking, including bread making and baking, is a more exact trade, a matter depending upon weights and measures and a particular manipulations, not to be trusted to guess work without long previous practice. The products of the meat cook's labor are set before people prepared for their enjoyment with appetites sharpened by hunger. The cook, and the steward of practiced taste may discern in the soup a slight burnt or smoky or unpleasant flavor, yet the entire company will probably partake of it with enjoyment without perceiving anything amiss; but after the keen appetites have been appeased let something of the pastry cook's be sent to table burdened with a similar inferiority and it will be immediately and almost unanimously rejected. It used to be the frequent remark of a very successful hotel-keeper, that "*people take more notice of the pastry than of any other part of the dinner.*" The character of the table is more apt to be judged by the quality of the products of the pastry cook's labor, including the warm breads, waffles, and cakes, than by anything else, and if the working man or woman of the culinary department is possessed of taste and perception in a superior degree their quality can nowhere be so well displayed as in the last course of a dinner upon the dainty dishes that are set about to bear comparison and to hold their place if they may among the rich fruits and nuts, the wines, the flowers of the dessert.

But if the pastry cook's art may claim consideration because of its capacity for contributing to what is delicate, elegant, and ornate, it has even greater claims on the score of usefulness. Up and down the crowded streets of one of the largest and busiest cities—Chicago to-wit—at frequent intervals may be found restaurants with all sorts of meats, fish and fowls displayed with their garnishings in the most tempting manner possible; and between them and twice as frequent are the beer halls with their lunch displayed, more or less free, of boiled meat, tripe, chopped cabbage and rye bread, the indications seeming to be that all the men are eaters only of meat and its "trimmings." But not so. There are other places where men lunch and dine. There are

bakeries in Chicago which are in reality large factories, as extensive as some pork packing establishments, and these making specialties of pies, bread, cakes, or crackers seem—if we may be allowed to make a rough guess—to supply about one-fourth of the entire city. These large bakeries have shops for retailing, large double stores in the heart of the city, converted into lunch houses with long counters and rows of stools, and waiters, clerks and cashiers, and they are crowded during about two hours of each meal time about six hours of the day, with men taking a meal of bread cakes, pies and coffee, tea, or milk. Nothing is cooked there except the coffee made by steam heat. They serve French split rolls and round graham rolls with butter, three for five cents, in little baskets; coffee-cakes made up in twists like one of our cuts, and brushed over with syrup, two for five cents; yellow rusks in long shape like rolls; Boston brown bread, very brown and baked in pails, or deep molds same shape. Apple cake they have, and "stollen," and "Lincoln pie," here called "Washington pie;" small sponge cakes baked in pans the length of a finger, also lady-fingers, one cent apiece; milk bread baked in long tin molds, plum cake, baked "apple dumplings," and pies; home made pies, with pumpkin and custard thick, even up to the brim, lemon pie with meringue on top, mince and apple.

Our interest in this matter is that of a theorist liking to find his beliefs verified. Meat is the most expensive and wasteful article of hotel provision. We have found in hotels that in proportion as the breads and other articles included under the head of pastries rose in excellence the demand upon the meats was lessened, to the benefit, probably, of all concerned. The products of these large city bakeries are good with the uniform excellence that might be expected of factory work and because they are good the sales are immense. The lunch or meal of this kind costs but from ten to thirty cents, yet its cheapness is not its only recommendation, for the crowds of customers are not of the tramping class; they are the foremen and workmen of the huge warehouses near by, the compositors, machinists, clerks, salesmen, tradesmen and professional men who practice the dietetic moralities. Good bread, good butter, and good coffee—has it not almost passed into a proverb that these are the first requisites to an excellent table? and taking the country over, away from the very large bakeries and the very best hotels are there any articles seldomer to be found?

**685. Fairy Butter.**

The yolks of 4 hard boiled eggs.  
 1 teacupful of the best butter.  
 3 heaping tablespoonfuls powdered sugar.  
 1 teaspoonful orange flower water.

Either grate the yolks or pound and rub them smooth in a bowl, mix the softened butter with them and the sugar and flavoring. Set the mixture where it will get cold, and afterward rub it through a sieve. It looks something like vermicelli.

Pile the fairy butter lightly in the middle of a cake dish, cut the snow cake in slices and lay around. They are to be eaten together like bread and butter.

**686. Apple Souffle.**

On account of the scarcity of culinary terms, the word souffle has to stand for a great number of light articles that may have very little resemblance to each other. This consists of a border of dry stewed apple raised in a large dish or an ice cream saucer, as the case may be, the hollow middle filled with boiled custard and whipped white of egg and sugar, like the frosting on lemon pies, piled on top. It need not be baked, but the top may be browned by holding a red hot shovel over it on the shelf in the oven. Served cold.

**687. Egg Lemonade for Fifty.**

8 quarts of water—a tin milk pail full.  
 3 pounds of sugar—6 or 7 cupfuls.  
 2 dozen lemons.  
 2 oranges.  
 8 or 10 whites of eggs.  
 Shaved or broken ice.

Grate the rinds of 8 or 10 of the lemons and the oranges into a large bowl, using a tin grater, and take less or more, according to the size and degree of ripeness or greenness of the fruit. Scrape off the grated rind that adheres. Put a little sugar in the bowl, and rub the zest and sugar together with the back of a spoon. Squeeze in the juice of all, add the sugar and some water and then the whites of eggs, and beat the mixture till the sugar is dissolved; put in water to make the specified amount and strain the lemonade into another vessel containing ice.

When to be served fill a glass three parts full, invert another on top, the rims close together, and shake up to make the foam.

**688. Plain Lemonade.**

Three or four lemons, according to size, and a small cup of sugar to a quart of water. Slice the lemons into the water beforehand, and let stand. Put shaved ice in the glasses before filling.

Clear lemonade can be obtained by filtering it, when made, through blotting paper folded to fit in a glass funnel.

**689. Catawaba Oup.**

To each bottle of dry catawba allow two bottles of soda water and a quarter pint of curacoa, mix in a pitcher, and add ice abundantly. If not convenient to get bottled soda, use water and sugar or lemonade to mix with the wine and liqueur.

**690. Tea for a Large Party.**

To make what tea-drinkers call a real good cup of tea take nearly a teaspoonful of green tea for each cup, or 4 teaspoonfuls to 5 cups of water, the leaves absorbing 1 cup. But then there is a second drawing that brings this out.

Four ounces of tea contain 28 teaspoonfuls or 2 cupfuls, rounded up. Using mixed tea, and allowing time to draw to draw 2 cupfuls of tea is sufficient to put into 40 cups of water, or a quarter-pound of tea to 2½ gallons of water, which is the same thing in other words.

The best way to make tea for a number is to have the water boiling in an urn and put the tea in a box made of perforated tin and drop it into the water, which must then be stopped from boiling.

**691. White Coffee.**

Is made with coffee that, instead of being browned, is only baked to a slight yellow color and is not ground, or at most the berries are only bruised, and is made with one-half milk and one-half water. It requires twice as much coffee as the ordinary.

For 8 cups take:

2 cupfuls of light baked coffee berries.  
 4 cupfuls of boiling water.  
 5 cupfuls of boiling milk.

The berries may have been parched before, but when wanted heat them over again and throw them hot into the boiling water. Close the lid and let stand to draw for half an hour, then add the boiling milk through a strainer.

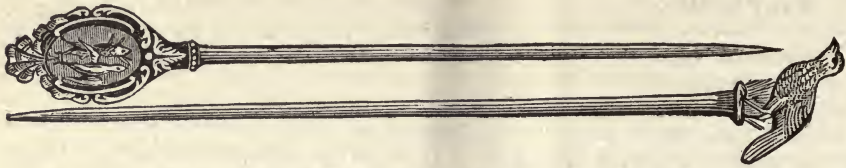
When the milk is first set on to boil, put in a tablespoonful or two of sugar to prevent burning at the bottom. Serve sugar with the coffee as usual, and, if for a party, a spoonful of whipped cream in each cup.

**691a. Chocolate.**

1 quart of milk and water.  
 ½ ounce of chocolate.

Boil the milk and water in a small, bright saucepan. Scrape down an ounce as marked on the half pound cakes of common chocolate, throw it in and beat with a wire egg whisk about one minute, or till the chocolate is all dissolved.





Silver Plated Skewers or Atelets.—See No. 783.



Sabatier Cooks' Knives.—All sizes.



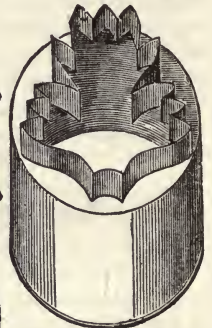
Scollop Knife.—For potatoes and other Vegetables. See No. 963.



Parisienne and Nantaise Potato Spoons.—For scooping balls, olives, berries, etc., out of potatoes and beets. See Nos. 953 and 730.



A la Mode Larding Needle.— See No. 1234.



Tin Vegetable Cutters.—Many patterns and sizes, also, for cutting custard shapes for galantine ornaments.



Chinese Cap Strainer.



Hotel Saucepans.—Both copper and tinned iron.

THE  
❖HOTEL❖BOOK❖

OF

SALADS AND COLD DISHES.

SALAD DRESSINGS, WITH AND WITHOUT OIL ; SALADS OF ALL KINDS,  
HOW TO MAKE AND HOW TO SERVE THEM ; BONED  
FOWLS, GALANTINES, ASPICS, ETC., ETC.

BEING A PART OF THE

“OVEN AND RANGE” SERIES.

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BY

JESSUP WHITEHEAD.

1894.





## THE HOTEL BOOK OF SALADS.

*“And light words spoken  
Only for something to say.”*

Whatever other matters may have been already written to death there is, it is plain to see, a great dearth of writers on the subject of salads, at least in our own language; it seems as if this had been regarded as a foreign affair and not of home interest at all. The things, consequently, that never have been written but ought to be would, if written, fill a very much larger volume than this is intended to be, and lest our title seem to promise too much it may be proper to say we are not going to try to take them all in. However, in the way of practical salad making, we will try to crowd into small space nearly everything that can be pressed into the hotel service, the herbs and fruits that are taken like some people's statements, *cum grano salis*, with many another

“rich herbaceous treat  
Might tempt a dying anchorite to eat.”  
and enough of the ornamental for extra occasions. The daily bill of fare writer, whatever other office may be his, who, tired of repeating the three or four stock salads, sits running his fingers through his hair and wondering what in the nation he shall write next, will very likely find in the following lists just the suggestion he wants, for the very good reason that they have been prepared and adapted under extremely similar circumstances. We wish to offer a set of instructions valuable to hotel economists, to those who take pride in their table, perhaps to hotel working boys and girls who have their living to make, for common labor is plenty and abject enough; it is skill that wins the good positions and good pay, but skill that can adapt itself, skill to do that which everyone else in the house may be deficient in, even sometimes to make brick without straw, to make salad sans oil, sans celery, sans chicken, sans everything that most people deem essential.

But when it comes to the salad-making of the veritable gastronomer, the scientific epicure, the avowed dinner giving and dinner taking bon vivant, it is time for us hotel workers to lay down the pen and shut up—the book. Not that we think the best of our trade salads inferior, but because he is sure that his are and must be incomparably above them.

\* \* \* \* \*

together a sufficient variety of materials for our salad-making, let us to work.

### 692. Mayonaise Salad Dressing.

*“Three times the spoon with oil of Lucca crown,  
And once with vinegar procured from town.”*

3 or 4 raw yolks of eggs.

1 teacupful of olive oil.

About half as much vinegar.

A teaspoonful of salt.

Drop the yolks into a bowl, soup plate, or deep, bright saucepan, add about as much oil and stir them together with a wooden spoon—or any other kind of a spoon—for a minute or two, then commence beating and add oil a tablespoonful at a time. After five minutes stirring and beating, the oil being more than half in, throw in the salt and begin adding the vinegar also by spoonfuls. On the addition of the salt the mayonaise will be very likely to thicken up at once and the vinegar is required to reduce it, as well as for flavor.

The above is the way of making plain, straightforward mayonaise that is practiced by cooks and their assistants daily all over the country, and being such a very simple operation there is no wonder if they do not see the reason for making so much ado about it. It takes ten or fifteen minutes to bring it to the proper consistence. There might be difficulty if the ingredients were warm; as a matter of habit cooks always keep the oil in a cold place. In hot weather set the bowl in ice water. Mayonaise of the required thickness cannot probably be made with a smaller proportion of oil, but the same yolks will take up much more if need be.

### 693.

A quicker way than the foregoing is: Place the yolks in a deep quart bowl—set in ice water, if warm weather—add a spoonful of oil and whip with a Dover egg beater. In half a minute add more oil, then the salt, and the mixture will at once become like butter. Keep thinning with oil and vinegar as in the other case, three proportions of oil to one of vinegar.

### 694. Uses of the Mayonaise.

The mayonaise when right is like softened butter, only more tenacious—too thick to run. It is to be spread smoothly over the top of the pile or shape of salad material, over the fillet of fish or form of lobster or shrimp, or over the whole fish—giving a glossy yellow surface to be ornamented as desired. It is to be eaten with the salad material as butter would be. Sometimes for ornamental purposes it is stirred into the too loose material to make taller shapes.

It is to be mixed with about an equal amount of



aspic jelly—(the jelly being cold enough to be just on the point of setting) to form cold tartar sauce—a yellow, flavored acid jelly. Also mixed with different preparations it makes sauces or dressings of other colors—emerald green and cardinal red. Besides these employments it is used in the form of

#### 695. SALAD CREAM, OR THIN MAYONAISE.

Reduce the thick mayonaise to the consistency of cream by adding more vinegar or vinegar and water—in some cases milk or cream—and if you wish to be particular use some clear strained chicken broth (cold) or unseasoned soup stock with the vinegar, instead of water. For lobster and other shell fish, however, all vinegar may be used, as they take away its sharpness. This salad cream used as a sauce makes almost any kind of vegetable, meat and fish palatable and relishing if served with it cold and crisp.

Palatable, that is, to those who do not dislike olive oil. And some of your people will make the thin mayonaise for themselves. Some will choose their dinner in courses even from an American form bill of fare, and salads are as “familiar in their mouths as household words.” Seeing you have mayonaise they are apt to order it plain and with the condiments and relishes before them make their own variations on their own plates.

My Italian friend who almost invariably for his own meals makes a salad, or at least something akin to salad, with oil poured over, looks askance at the vinegar and remarks: “Along the shores of the Mediterranean the people, the wealthy people, the mercantile people, do not use vinegar more than to the amount of a squeeze of a lemon—it is the common people, the people of the interior, the peasants (and he shrugs his shoulders contemptuously) only the peasants who pour vinegar plentifully over their green stuff and call it salad.” A remark which may serve to give the right hang of that Spanish proverb about salad-making: “A spendthrift for oil, a niggard for vinegar, and a madman to mix the salad together.” For there are those who think the one who pours in any oil at all is the madman, and at any rate think it will be better to let the spendthrift donate the vinegar instead of the oil. There are also motives of economy in favor of the wrong reading; but we cooks are perfectly disinterested and had just as lief make our dressing without oil as not.

The following, if a rather large quantity for fifty persons for dinner, is not too much for a supper salad on a hot summer evening, when the thought alone of all other food is wearisome disgust.

#### 696. Hollandaise Salad Cream.

$\frac{1}{2}$  pint of good white wine vinegar.

$\frac{1}{2}$  pint scant of water.

8 ounces of butter.

12 yolks of eggs.

1 tablespoonful made mustard.

A pinch of cayenne. Salt.

Boil the vinegar, water, and salt and butter all together in a bright saucepan. Beat the yolks a little, add some of the boiling liquid and stir them together, then mix all and let come to the boiling point. It is on the same principle as making custard. If allowed to thoroughly boil it will curdle, and have to be thrown away; if taken off too soon it will not be rich and thick enough. One minute of stirring after the yolks are added is usually enough. Strain and set on ice to be cold for use.

The preceding will be found eminently satisfactory and can be used in almost every place that mayonaise would be employed. It can be made thicker or thinner as required, but when thinned must be rapidly beaten and the liquid—water or broth and vinegar—added by degrees, otherwise the dressing may separate and the butter come to the top. This, however, seldom occurs.

It is generally an object to have mayonaise creamy white, for which purpose lemon juice is added to it, but the hollandaise dressing is golden yellow, and the better for vegetable salads like the following, which have no good looks of their own.

#### 697. Lima Beans Salad.

2 quarts of cooked lima or butter beans.

A small onion.

A little chopped parsley.

The hollandaise salad cream of the preceding receipt.

Mince the onion small. Mix all the ingredients together by pouring from one bowl to another, except the parsley, which chop and sprinkle over the top.

And my Italian friend looked on dubiously when he first saw me preparing to pour a mayonaise over lima beans, and afterwards over corn, and green peas, and string beans, as if he thought in Italian, “To what, base uses may we come, Horatio!” “But,” I said, “you make the *salade de legumes*, which is—excuse me—something of a vegetable hash; these are at least simple and from their looks inviting. And you cut also beets in dice and mix in, and they stain the cut potatoes, and the red juice mingles with the pale yellow of the mayonaise and makes an uneatable color.” He put on his study-

ing cap and presently adopted the butter beans salad, as well as the others, but he did not give up the cut beets in salad cream. Mere matters of fancy perhaps—but yet we presently discover which things are popular.

Lima beans, so generally esteemed, in their green state have but a very short season. Contrary to the general rule, the dried are better than the canned beans for winter use.

#### 698.

The secret of cooking all dried beans soft is in the following:

Wash and pick them over carefully and put them on in plenty of cold water with a rounding teaspoonful of soda for every two pounds of beans.

Boil about 2 or 3 hours till they begin to be soft. Then pour them suddenly into a colander to drain, turn them back in the boiler and put in enough fresh cold water to cover them.

Set them to boil again—in half an hour more they will be thoroughly cooked. The sudden adding of cold water to the hot beans causes the skin to crack, after which they finish cooking easily. There is no excuse for the stupidity of the mule-driving cooks told of in *Scribner's Monthly* (Rocky Mountain Cookery,) who carry the beans partly cooked in their kettles and recook them for three successive days in the vain attempt to make them soft. Our lima beans are comparatively easy, but the most refractory sample of navy beans can be reduced in five hours by the above method even at an elevation of 11,000 feet.

#### 699. Cauliflower Salad.

4 to 6 pounds of cauliflower.

The hollandaise salad cream of the preceding receipt.

A little oil and vinegar.

Cut the branches of the cauliflower in the right sized pieces for individual dishes while raw, trim the stems off evenly, let stand in a pan of cold water an hour or two. Set it on with plenty of cold water to cover it, to boil, and add salt, but nothing else. Cook till the thick stems will leave the fork as in boiling potatoes—an hour or less. Drain without breaking the pieces and set away to get cold. Mix a little oil and vinegar with the cauliflower as well as may be by careful pouring from one bowl to another. Over each piece placed on individual dishes pour a spoonful of the salad cream, which should be thick enough to mask it and not run off in the dish.

Cauliflower salad is worth decorating. A few capers, French green peas shaken about in vinegar, some small patterns stamped out of beet slices, or a sprig of parsley.

For luncheon or a party dinner build up the cauliflower in pyramidal form, or like half a melon, with fork and knife, laying the pieces in order around the dish, the largest at the bottom, heads outward, and another tier on top of that, the salad cream to be poured over all, and decorate according to your taste.

#### 700. Sugar Corn Salad.

Like the Lima beans salad, and to be dished up with the salad cream as a sauce, in vegetable dishes. The grains of corn are required to be distinct and clean and free from mush, and should be washed in a colander for the purpose.

Before going on to describe the other available everyday salad dressings let us include one more variety best dressed with the bright hollandaise.

#### 701. Vegetable Salad—Plain

Take equal parts of four, five or six kinds of cooked vegetables—green peas, string beans, cauliflowers, asparagus heads not too soft cooked, corn, Lima beans and potatoes, and a smaller proportion of onions—if small green ones so much the better—and a few slices of beets for ornament. Cut the potatoes in small dice, the string beans and onions to match, and pull the cauliflower apart in small sprigs.

Mix all with a little seasoning of pepper and salt and shake them about in the salad cream in a bowl.

Dish up with cut beets and chopped parsley sprinkled over the top.

Cooks who care to follow the analogist will have observed that hollandaise salad cream is very like the hot hollandaise sauce used so much in the highest style cookery, not only for a fish sauce but equally for asparagus, cauliflower, artichoke, potatoes, etc. The difference is only in the proportions and in this being used cold. Hollandaise or Dutch sauce by the English method is milder, the French more concentrated and pungent. This dressing answers the question of what we shall do when we have no oil, and the people I have intrusted with pencillings by the way, have generally taken more pleasure in making it than the other more troublesome varieties.

Still when we have this and the genuine French mayonnaise there remains a want of which we are reminded when people looking over a table unsatisfactorily furnished with lettuce without boiled eggs on top, and over a bill of fare equally incomplete send timidly asking the powers that be if they can't have a hard-boiled egg or two for their salad. Such persons have been known to send written on a bill of fare the lines imputed to Sidney Smith:

"True flavor needs it, and your poet begs  
The pounded yellow of two well-boiled eggs."



Well, we are coming to that kind of dressing, but having in mind the common aversion to and common scarcity of *huile d'olives vierge*, will offer for the experiments of the critical in such matters a refinement upon the foregoing hollandaise.

### 702. Salad Cream Without Oil.

1 cupful of best butter.

$\frac{1}{2}$  cupful of vinegar—large.

6 raw yolks.

1 cupful of thin cream.

$\frac{1}{2}$  teaspoonful of salt.

Cayenne and white pepper, of each as much as would lie on a dime.

Boil the vinegar and butter together in a deep bowl-shaped saucepan. Beat the yolks light. Pour the boiling vinegar and butter to them gradually while still beating, then place the mixture on the fire again. It is very liable to burn at the bottom and must be beaten rapidly till it begins to thicken. Then commence and slowly pour in the cup of milk or cream and continue beating till the salad dressing looks like cream or boiled custard. It must not quite boil else it will curdle. Add the salt and pepper and *beat it in a pan of ice water till cold*.

A porcelain lined saucepan should be used for the above. If you cannot stay with the salad cream till finished set the saucepan in a pan of boiling water and beat it up frequently as you pass.

### 703. Oyster Salad.

1 quart of fresh oysters.

1 quart of chopped celery.

Either the hollandaise or the salad cream of the preceding receipt.

Drain the oysters from their liquor. Cut them in halves or quarters. Mix with the chopped celery and pour the dressing over.

Half lettuce and half celery will answer for the preceding, or tender white cabbage may be used. Oyster salad is in demand.

### 704. Canned Cove Oyster Salad.

May be made like the foregoing, the liquor being excluded, and also with boiled potatoes cut in dice in any other salad dressing.

Clams can be used as above in time of need. Use some of the clam liquor to thin the salad dressing with, instead of water.

### 705. Ham Salad.

Excellent change from potato salad for hotel sup-

pers.

1 quart of boiled potatoes, in dice.

1 quart of celery and lettuce.

1 quart of lean boiled ham, minced.

1 tablespoonful of made mustard.

1 do celery extract.

The hollandaise or any of the foregoing salad creams.

Use the shank meat of boiled ham; chop it fine in a wooden bowl. Cut the vegetables neatly in dice of uniform appearance. Mix well with the dressing.

Now what can we careful managers of provisions best do with a whole panful of nice white celery (in ice water) when all the heart pieces have already been picked out and eaten with salt only? There are but two or three ways of cooking celery, and very little suffices for that.

### 706. Celery Salad.

"Let onion atoms lurk within the bowl,  
And scarce suspected animate the whole."

2 quarts of celery cut in small dice.

The cream salad dressing of the last receipt.

An onion grated or finely minced.

Little salt.

Mix well. Serve very cold with a little parsley sprinkled over the top. Best for lunch when there is cold chicken beside, or other cold meat.

### HARICOTS VERTS EN MAYONAISE,

In other words string beans salad, appears in a menu of a dinner of the royal family of Spain, one that has been preserved as a model, among many others.

Whenever canned vegetables have to be used—and some of the best brands do very very well for salads—drain the liquor from them and rinse them in fresh hot water before using.

"But where are those hard-boiled eggs?"

"Coming up!"

"In dressing salad, mind this law:

With two hard yolks use one that's raw."

### 707. American Favorite Salad Dressing.

6 hard-boiled eggs (the yolks only needed).

2 or 3 raw yolks.

$\frac{1}{2}$  cupful of olive oil.

$\frac{1}{2}$  cupful of melted fresh butter.

1 cupful of vinegar.

2 teaspoonfuls of salt.

1 tablespoonful of made mustard.

Little black pepper and cayenne.

Pound the hard-boiled yolks quite smooth in a bowl with the warm butter, add the salt, mustard and pepper, and then beat in the oil gradually, and alternately with the vinegar. The bowl should be set in ice water in warm weather. This makes a buttery compound, that may be reduced either with cold chicken liquor, cream, or vinegar and water, according to the requirement.

## 708. Best Potato Salad.

Favorite hotel supper dish.

2 quarts of boiled potatoes.

1 small onion.

2 tablespoonfuls of chopped parsley.

The popular salad dressing of the preceding receipt.

Slice or break the potatoes, mince the onion extremely small, mix, pour the dressing over and combine thoroughly by turning the salad from one bowl to another three or four times. Throw the fresh chopped parsley into it just before serving. The whites of the eggs may be added, cut in strips.

The foregoing is the formula, the rut to run in, but how shall we infuse life into it or explain the particular knack which makes one person's potato salad so utterly unlike and superior to another's? Cold potatoes which have remained in the dinner steamers three hours, then are peeled and sliced, may *do*—the dressing will carry the burden of their inferiority, but they are not best.

Take new potatoes if you can, if not, good mealy old ones, pare and divide in large pieces. Throw them in cold salted water and boil about half an hour, or till just done. Drain the water from them and break the largest pieces apart with a twist of a fork. When nearly cold mix the dressing with the potatoes and set the bowl on ice till wanted.

We obtain the best salads with the least fuss when we can get those trifling cooks, two or more of them, to run a rivalry with each other who can make the best. The last described dressing is a little tedious, being a double compound of cooked and raw. The person dishing up vegetables during the slow latter end of dinner generally can prepare it between times to be ready for the next meal.

All these salad dressings are susceptible of improvement by added flavorings, and the epicure gets in his extra harmonies in that way. Not to confuse our directions we will treat of the flavoring complications by themselves in a special chapter.

## 709.

A scarcity of eggs often makes us employ a salad dressing that can be made without any, for hotel men's go on incessantly, but another reason for the

following being kept in mind is its whiteness to contrast with the preceding kinds, which are all yellow.

## 710. Allemande Salad Dressing.

$\frac{1}{2}$  cupful of best butter.

1 tablespoonful of flour.

$\frac{1}{2}$  cupful of olive oil.

$\frac{1}{2}$  cupful of vinegar.

1 cupful of strong chicken or veal broth.

Salt and white pepper.

Little cream to thin and whiten the dressing.

Mix the butter and flour together in a saucepan over the fire as if making drawn butter, pour in the oil and then the broth gradually, stirring till it thickens, and then the vinegar, salt and pepper, and lastly the cream.

Strain and set on ice till wanted.

The broth should be strong enough to set in jelly when cold, and should be strained through a napkin before it is used for the dressing.

## 711. Potato Salad a l'Allemande.

2 quarts of potatoes cut in dice.

3 or 4 green onions, with part of the tops.

3 or 4 radishes.

1 head of lettuce cut small.

The allemande dressing of the preceding receipt.

Mix all the vegetables and pour the dressing over, or reserve the radishes to ornament the tops of the dishes, or else use cress or parsley for that purpose.

The same dressing will serve for various other vegetable salads as well as the above, and for fish and chicken when there is a mayonaise for border and this for top dressing.

## 712.

### Rubbing the Dish with Garlic.

There are yarns and yarns about great secrets in cookery and their possessors, like one in the REPORTER recently of a castaway Frenchman who made the fortune of a Russian innkeeper and of the town by imparting the secret of French chicken fricassee. What a curious scrap-book might be made if some of the people who have time to play would collect these wonderful gastronomical and culinary anecdotes!

The really good cooks of the country practice thousands of the fine touches which the uninitiated might term great secrets, and throw them all into the grand aggregate that is styled excellence of the hotel cuisine. Some of these fine touches lie in flavoring salads, more particularly the salad dressings, and one of them is to rub the salad dish with garlic. There was a head waiter in Boston once



who rubbed the dish with garlic and his salads were in great repute, though none could tell the secret of the subtle aroma they possessed. If any looked for vulgar garlic in the salad they found none. It was only a case of the scent of the roses that hung round it still. Sort of hook baiting trick, an illusion, as it were. Possibly some castaway Frenchman had imparted this secret to this head waiter of the Boston hotel, but it was impossible for it to remain unshared, and so a waiter, after a while, discovered his superior rubbing the dish with garlic. Now two persons possessed the secret and of course they could not both live in one house. There used to be an awful story told about the great Captain Cook and his too smart cabin boy who, when at the antipodes, was asked by the gleeful captain if he knew where he was, and had the indiscretion to answer "under London bridge." But the captain would not allow anyone to remain in the vessel who knew as much as he did himself, and pitched the poor boy overboard, which was very shocking, and that is about what happened to this poor waiter, so he went West.

### 713.

Francatelli instructing the English cooks in French cookery could not quite abandon garlic, but found it necessary to warn them not to use a head of garlic, but only one clove, and took occasion to remark, "Over-seasoning is the bane of English cookery."

A little touch of garlic is desirable, it is the *petit point d'ail* in a ragout praised by Sir Walter Scott. And this is but one of many flavorings to be used with discretion, for which no directions can be given. The foregoing will perhaps give point to the following excerpt from Brillat-Savarin, so far as to call attention to the flavorings named :

"I prefer," to tell the story of a Frenchman of Limousin, who made his fortune in London by his skill in mixing a salad. Although his means were very limited, Albignac (so he was called, if I remember right) went one day to dine in one of the most famous taverns in London. Whilst he was finishing his succulent beefsteak, there were five or six young dandies of good family regaling themselves at a neighboring table. One of them came to him and said very politely: 'Sir, it is said that your nation excels in the art of making salads; will you be so good as oblige us by mixing one?'

"D'Albignac consenting, after a little hesitation, ordered all that he thought necessary for the expected masterpiece, used his best endeavors, and had the good luck to succeed.

"Whilst studying the ingredients, he answered frankly all questions about himself. He said he was an emigrant and admitted, not without some natural shame, that he was receiving assistance from the English government—a circumstance which no doubt authorized one of the young men to slip into the exile's hand a five-pound note, and in-

sist on his keeping it.

"He had given his address, and some time after, he received a very civil note, requesting him to go and mix a salad in one of the finest houses in Grosvenor Square. D'Albignac arrived punctually, after furnishing himself with some special seasonings and maturing his plans. He had the good luck to succeed again.

"The first party for whom he had manipulated had exaggerated the merits of his salad, and the second company made so much more noise about it, that d'Albignac's reputation was already made. He was known as the fashionable salad maker, and soon had a gig, in order to keep his appointments, with a servant to bring his mahogany case containing all the ingredients—such as vinegars of different flavors, oils with or without a fruity taste, soy, caviare, truffles, anchovies, ketchups, gravies, and even hard-boiled eggs.

"Later he got cases made to order, furnished them completely and sold them by hundreds. In short he came to realize a fortune of more than eighty thousand francs."

### 714.

In those countries where butter is held in little esteem and olive oil in a large degree takes its place, it may naturally be surmised the fastidious people are as particular in the quality of oil and its combinations and critical of their flavors as Americans and English of "Cold Spring Creamery Gilt Edged" and the famous "Suffolk Dairy Butter." The impossibility of improving the flavor of butter by any addition does not exist in regard to oil, and it seems quite possible for connoisseurs to surprise the palate of their friends by new admixtures, especially in mayonaise and salads. In Russia, it is said, the oil of sunflower seed is largely used for salad making. The olive oil which now comes from California has much the same nutty flavor, or perhaps more resembles the taste of beech nuts. The best we can ask for is to have oil as nearly tasteless as possible if we want to make salads more popular, and above all reject the oil which is sold cheap because it has become rancid, just as we reject strong butter.

If we cannot afford to select our oils of various brands—"with or without a fruity taste"—according to the use intended, we need not be so restricted in the choice of vinegars of various flavors, to give variety to the mayonaise.

French cooks who disagree in most things are all agreed in using tarragon vinegar for salad dressings whenever it can be had and look with a withering sort of pity on the American cook who has never had even a pint of it bought for his use in the whole course of his life. They don't know how thankful he is if even the plain vinegar furnished proves not to be diluted sulphuric acid.

Tarragon and other flavored vinegars which con-

noiseurs regard as indispensable can be bought like any other good thing ready prepared, but where it cannot be had for the asking it may be worth while for the cook to make his own.

### 715. Tarragon Vinegar.

Green tarragon is a herb and can be bought of the market gardeners in large cities. It is said to be best and strongest just as the plant is going into blossom.

1 pound of tarragon leaves.

4 quarts of white wine vinegar.

Let steep in a stone jar two weeks.

Then filter it through a flannel jelly bag, add to it a quarter ounce of isinglass (gelatine will do) dissolved in warm cider or vinegar, to clarify it, bottle it and let it stand a month, when it is to be decanted into small bottles to keep.

But hotel cooks can never do all that, which is a foreign method for phlegmatic people. Reader, did you ever go into the bar-room of a back country hotel—say in Missouri—though *Peck's Sun* says Iowa—and see on the back shelf a series of home made extracts, jars of whiskey with something in it? One of these is tansy—green tansy leaves put in to flavor the liquor. That is for tansy bitters. Another has peaches. That is for peach and sugar. Others have cherries, lemon peel, orange peel. They are for we know not what. But tarragon can be steeped in cold vinegar like tansy in whisky, and half a pint of flavored vinegar thus be had at any time. Use it sparingly in place of part of the plain vinegar in any of the salad dressings, not flavoring strongly, however, as tarragon is a stranger to most of our people.

### Tarragon Vinegar.

1 pound of green tarragon, partly dried before using.

6 small onions.

1 ounce of long pepper.

3 quarts of white wine or cider vinegar.

Put the whole in a stone jug, cork and let steep several weeks. Strain through a napkin or silk sieve before using.

### 716. Chili Vinegar.

Common pepper sauce. Dilute a bottle with two quarts of vinegar for salad seasoning. A tablespoonful is enough to mix in a salad.

### 717. Celery Vinegar.

2 pounds of the solid celery roots and stalks that you cannot use on the table—all white, however,

and sweet.

2 quarts of vinegar.

Mince the celery small. Boil the vinegar and pour it to the celery in a stone jar. Add a tablespoonful of salt, stir up, let steep till next day then strain into a demijohn or stone jug and cork it tight. This may be used in almost all salads in place of part of the plain vinegar.

Eight ounces of celery seed scalded with a quart of boiling vinegar and let stand to steep makes the same kind of flavored vinegar as the foregoing.

But celery extract ready prepared is cheap enough and more convenient than either.

### 718. Garlic Vinegar.

4 heads of garlic, sliced.

1 ounce of red peppers, chopped.

$\frac{1}{2}$  teacupful of walnut ketchup.

1 tablespoonful of salt.

2 quarts of vinegar.

Put all in a stone jar, cold, and keep covered. Used for Russian, Italian, Polish and Spanish salads. With the pulp of a few pounded anchovies added, and a little red coloring the above is the sauce called *carachi*.

### 719. Caper Vinegar.

Turn a bottle of French capers and their vinegar into a quart of white wine vinegar in a jug. Strain before using. This is best for the Allemande dressing.

### 720. Nasturtium Vinegar.

Vinegar flavored with pickled nasturtium seeds, same as capers. The seeds are also very useful for mixing in and decorating salads.

### 721. Beet Vinegar.

Used occasionally for coloring, is the vinegar in which sliced beets have lain, boiled down to about one half, to make it stronger and to make it keep without spoiling.

Strawberry, mulberry, raspberry and other vinegars of fruit not sweetened, are made by steeping the fruit in vinegar and boiling down, as above, then bottling.

The vinegar from walnut pickles, also vinegar made pungent with grated horseradish are also used for salad seasoning, but not in ordinary life. They are mentioned for information rather than use.



## 722. Compound Vinegar.

1 pound of tarragon.  
4 ounces of mustard seeds.  
6 cloves of garlic.  
6 small onions.  
4 ounces of elder blossoms.  
2 ounces of long pepper.  
 $\frac{1}{4}$  ounce of cloves.  
 $\frac{1}{4}$  quarts of white wine vinegar.

Put all together to steep in a two-gallon jug corked tight and let stand several weeks before using.

With such compounds as the above and others doubtless more fanciful than useful we may suppose d'Albignac of Limousin filled the vials which he sold by the case to the fashionable salad-crazed Londoners of sixty years since.

## 723. Perpetual Hotel Salad.

Although some of the things just examined into may be out of the regular routine, and occasion an impatient shrug, let us not pass them without some consideration, or rather let us go to the extreme contrast of the perpetual salad that we are used to. Perpetual salad has no dressing and wants no flavoring nor aromatic vinegars—only vinegar, pepper and salt. And—oh, yes, onions—lots of onions—we had nearly forgot. It is said Americans are scarcely more salad-loving than the English, and some have never tasted salad, yet who does not know this one—the perpetual salad made by the frugal cook? It is always made after dinner. Into a deep tin pan—in nice places it may be a bowl—goes all the boiled potatoes that have been left over, and then an onion sliced. Then there will be some beets, beans, peas, butter beans, perhaps corn, then some onions, pepper, salt, vinegar, and it may be some fried bacon and the fat poured over, and this salad has been known to have diluted cooked tomatoes mixed in. Some frugal cooks will make distinctions—will have prejudices. One draws the line at corn, and appeals to authority: "Who ever heard of corn being put in salad?" Another will set his face against peas, and so on, but at any rate there will be potatoes and onions left, and beets, pepper, salt and vinegar. No oil. It would be easy to make fun of this, but wherefore? It is all right, only too crude, too perpetual. It is always for supper, and is at least better than none. It is so good it ought to be made still better and more various.

With the potatoes cut in dice all of a size, the string beans cut in lengths diamond-shaped of size to match, the green peas washed from their sauce in warm water, the corn likewise, the onions greatly reduced in quantity and also cut to match; with a little green stuff such as cress or parsley, or a very little green onion tops, or celery, sprinkled in, and

with carrots, pickles and capers, as well as beets, cut to correspond and mixed in only at the last minute, this salad will be fine, and need not be always alike. With any one of the easy salad dressings already directed to be made poured over and shaken about in it the salad will be stylish, attractive, enjoyable. Or, without a dressing of the made kind, with a little oil added and some chopped eggs this combination of materials that costs next to nothing will be equal to some of the best salads of the best cooks, with high-sounding names.

We will go on and instance various foreign mixtures of the same class, first taking a lesson from one of the noted French cooks—Jules Gouffe—and as it is not an exact receipt to be proven but rather a general lesson in salad making we copy the following as we find it. He says:

## 724.

### MACEDOINE SALAD.

"The following incident first led me to prepare this salad: Whilst staying at a friend's country house, the mistress of the house came to me in great distress, and confided to me that her supplies having failed, she was quite at a loss how to entertain her numerous guests, and asked me to assist her. When I investigated the state of the larder, I found there nothing but cold meat and poultry, and cold game; all these I took, and, after carefully paring and cutting them up, I made them into a huge salad which I mixed with an abundant and highly seasoned *Mayonnaise* sauce, adding lettuce, olives, anchovies, hard boiled eggs, pickles, and some chopped tarragon, chervil and shalots. This salad, preceded by a good soup, and followed by sweets and fruit, was highly appreciated by the hungry guests."

With all the materials mentioned it cannot be said the cupboard was very bare anyway, and the salad was neither cheap nor simple, nor hard to imitate; but does not the proceeding show the difference in national customs? An American would never have thought of making a salad, nor would the American hostess have felt comfortable seeing all the provisions going into that sort of compound. Some of us instead would likely have made a bill of fare of about 120 dishes out of the material used to make the dinner described.

A macedoine salad, like a macedoine of vegetables, or of fruits, or macedoine jelly, is a mixture of any number of different kinds and colors all cut to one size. Gouffe says his abundant mayonnaise was highly seasoned. Elsewhere he says mayonnaise should be highly flavored. Some salads contain very high flavored ingredients and a small quantity suffices, as some reject them altogether. Mayonnaise may contain a large amount of mustard, used in place of part of the raw eggs. Salads may have the

"piquant flavor and delicate seasoning of the sausages of Arles," praised by both Dumas and Savarin—pepper, salt and garlic with smoked beef.

### 725. Hamburg Salad.

- 2 large boiled potatoes cut in dice.
- 1 cupful of celery, same way.
- $\frac{1}{2}$  cupful each of smoked halibut, dried beef and red smoked tongue all cut small.
- 1 small onion.
- 2 cloves of garlic finely minced.
- 1 or 2 red peppers out of the pickle jar.
- 6 hard-boiled eggs.

The dried beef and tongue should be first cooked by boiling several hours. The celery is better if blanched (parboiled.) Mix all, except the eggs, in a bowl and shake about with oil poured in till the mixture looks rich and glossy, then add a cupful of vinegar. Ornament with the yolks of eggs chopped fine and the whites cut in strips.

### 726. A German Salad—Herring Salad.

- 1 or 2 large smoked herrings.
- 1 cupful of pickled red cabbage, chopped small.
- 1 cupful of slices of salsify or oyster plant—cooked.
- 1 cupful of chopped white cabbage.
- Pepper, salt, oil, vinegar.

Free the meat of the herrings from bones and skin and mince it as nearly in dice shape as may be. The salsify may be substituted with potatoes if necessary, cut in dice or lozenge shapes. Mix all with oil, vinegar, pepper and salt.

### 727.

While we are yet exploring for strong and pungent ingredients with which perhaps some knowing one might "unwonted richness to the salad give," it may be noticed that the repertory of the salad-making D'Albignac of Limousin included both caviare and truffles. People who enjoy anchovy toast; which is toast spread with anchovy paste or anchovy butter, or *canapés aux anchois*; pieces of toast with filleted anchovies, will doubtless like *canapés au caviare*. These are all good salad accompaniments, and as anchovies are commonly used in salads there is no good reason why caviare might not, but it is more likely it was used only in the way of decoration. As to what caviare is—and it used to be termed Russian caviare as if it had been of Russian invention—the *Scientific American* gives this information:

"Hyde Park, some eighty-three miles up the Hudson River from New York, is one of the principal fishing stations for sturgeon, whose roe, when properly prepared, is known as caviare, a food preparation greatly enjoyed by our German and French citizens, not to forget the Russians, to whom

we export large quantities every year. The roe weighs about one third as much as the fish. A fifty pound roe is considered a large roe, thirty pounds being the average. As soon as the sturgeons reach shore they are opened and the roes taken out. Masses of roe are rubbed through wire sieves. The eggs are then salted for a short time, after which they are laid on hair sieves to drain off. When thoroughly drained what was but a short time ago only halibut spawn, is now the toothsome caviare of which thousands of pounds are annually spread on bread and eaten with much relish."

Caviare, like every other eatable thing, can now be bought in cans. It is black nearly as truffles. Softened with a little warm butter it can be used with good effect to ornament dishes of fish salads in piping and leaf patterns. In the times when fashionable ladies used to decorate their faces with huge patches of fancy patterns stamped out of court plaster, and white and yellow dishes on the table had the same done for them with truffle slices, it is very likely a similar service was required for fish en mayonaise, of the high-flavored caviare.

### 728. Salads and Bills of Fare.

There will be a question, now that we are to describe the more formal dinner salads, as to their proper place in the bill of fare, and it would be extremely convenient if the bills in use the world over would kindly keep themselves according to a few definite patterns as, say, French, Russian, English and American. In fact, however, among fifty model menus of European court dinners there are scarcely two alike in their arrangement of dishes and headings, and the promiscuous bills of fare of American hotels do not vary more in their minor features than those of the palaces of the European nations. The slight differences betwixt salads and the cold hors-d'œuvre often make it appear as if salads appeared in two places on the same bill. The following examples will, however, show the general usages in this respect. The first menu, chosen for its brevity, contains the intermediate frozen punch which has come to be regarded the distinguishing feature of the thorough French menu, although in the collection before us it appears so rarely as to seem more the exception than the rule.

#### FAMILLE ROYALE DE BAVIERE.

Potage Tortue Potage à la Reine

Petits Croustades, à la Montglas.

Seibling à la sauce hollandaise.

Jambon à la Rothschild.

Bœuf braisé à la jardinière.



Cotelettes d'agneau aux haricots verts.

Dinde a la Toulouse.

Grives a la Joinville.

Pate foie gras a la gelee.

PUNCH A LA ROMAINE.

Faisans et chapons rotis.

Salade de Laitues.

Asperges sauce a la creme.

Beignets a la Francaise, Marasquin.

Gelee de paesais au champagne.

Servi a la cour de Munich.

The general usage in a menu of the above description is for the salads to appear with the game. The next, the menu of one of President Buchanan's dinners and evidently a very proper one, does not, however, mention salad in the usual place.

# PRESIDENCE DES ETATS-UNIS D'AMERIQUE, WASHINGTON.

|              |                                                                                                                                                  |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
|              | Potage tortue vert.                                                                                                                              |
| Hors d'œuvre | Petits croustades a la Reine.                                                                                                                    |
| Poisson.     | Fillets de basse rayee au gratin.                                                                                                                |
| Relevés.     | Langues de veau a la bechamel.<br>Dinde sauvage a la Regence.                                                                                    |
| Entrees.     | Cotelettes de mouton a la Soubise.<br>Boudins de perdreaux a la Richelieu<br>Supreme de volaille aux truffes.<br>Pain de gibiere a la belle-vue. |
|              | SORBETS A L'AMERICAINE.                                                                                                                          |
| Rots.        | Canvas-back ducks.<br>Faisans bardes au jus                                                                                                      |
| Entremets.   | Petits pois et asperges.<br>Charlotte Russe.<br>Macedoine de fruits.<br>Abricots a la conde.                                                     |

In the following example sliced cucumbers accompany the fish and heart lettuces the game below. This was for a dinner of 20 covers only.

## M E N U.

Consomme de volaille, aux quenelles.  
Bouchees au Salpicon.

Bass rayee, grille, maitre d'hotel  
Salad concombres.  
Selle d'agneau, Regence. Croquettes de pommes.  
Petits Filets de boeuf, saute, aux truffes.  
Ris de veau, en croustade.  
Poulet, a la Dauphine.

Tomates farcies Celeri au jus Petits pois

SORBET.

Imperiale.

Becasses en canapes

Coeur de laitue

Pouding Diplomatique Blanc mange au marasquin  
Corbeille Florentine aux marrons glaces et deguises  
Forme de fruits Napolitaine Petits fours

DESSERT ET FRUITS.

WINDSOR,  
Saratoga Springs,  
August 26, 1878.

Another American example of this form of menu for a banquet for 250 persons.

BANQUET  
COMPLIMENTARY TO  
GENERAL U. S. GRANT,  
By the Middlesex Club.

OYSTERS.  
(Haute Sauterne)  
SOUP.

Puree of Chicken, a la Princesse Imperial Broth  
(Cabinet Sherry)  
FISH.

Boiled Turbot, a la Cardinal  
Potatoes Hollandaise  
(Chablis)  
REMOVES.

Young Turkey, with Celery, a la Creme  
Tenderloin of Beef, Braized, a la Rothschild  
(Pomery Sec. Mumm's Ex. Dry.)  
ENTREES.

Sweetbreads en Chartreuse, a la Moderne  
Potted Quail, a la Royal Truffles au Champagne

VENETIAN SHERBET.

GAME.

English Pheasant Canvas-back Duck Woodcock  
Dressed Celery Cressons Lettuce  
(La Rose, 1868.)

VEGETABLES.

French Peas Cauliflower Tomatoes Flageolets  
Champignons Epinards Veloutes

DESSERTS.

Meringues Chantilly Jelly au Macedoine  
Macaroons Eclairs au Chocolate

Charlotte Parisienne Napolitaine Ices  
Confectionery Hamburg Grapes

Bananas Malaga Grapes  
Pears Savarin

Fancy Cake Fruit Ices  
Oranges Brandy Figs

(Burgundy)  
Coffee.

"THE BRUNSWICK," Boston,  
Oct. 13, 1880.

Just one more bill, parted in the middle, from a land of salads.

### FAMILLE ROYALE D'ITALIE.

|              |                                 |
|--------------|---------------------------------|
|              | Potage d'orge, a l'Ecassaise    |
| Relevés      | Turbot a la Bordelaise          |
|              | Noie de Veau a la Gastronome    |
| Entrees      | Poulardes aux points d'asperges |
|              | Cailles a la Richelieu          |
|              | Aspio a la Dominicaine          |
| Legumes      | Artichauts a la Barigoule       |
| Hors d'œuvre | Jambon de York, a la Gelee      |
|              | PUNCH AU KIRSCH                 |
| Rots         | Faisans Peques                  |
|              | Venaison                        |
|              | Salades                         |
|              | Dessert, Etc.                   |

Examining the following footprints of the departed great we find a lobster salad among the entrees.

### FAMILLE ROYAL DE PRUSSE.

Diner de 24 couverts a Potsdam, offert par la cour de Prusse a S. M. l'Empereur de Russie. 1867.

|              |                                                        |
|--------------|--------------------------------------------------------|
| Potages      | Consomme de volaille a la Royal                        |
|              | Potage tortue a la Francaise                           |
| Hors d'œuvre | Tartelettes de nouilles au foie gras                   |
|              | Cannelons a la puree de gibier                         |
| Poissons     | Turbot garni, sauce aux huitres                        |
|              | Darne de Saumon, sauce crevettes                       |
| Relevés      | Bœuf fume de Hamburg, legumes varies                   |
|              | Langue de Veau de Pontoise                             |
|              | Tomates et cepes Provencale                            |
| Entrees      | Cotelettes de daim aux champignons                     |
|              | Filets de poulets aux points d'asperges, sauce supreme |
|              | Homards a la gelee, sauce mayonnaise                   |
|              | Galantines de cailles aux truffes, sauce Cumberland    |
| Rots         | Dindonneaux piques                                     |
|              | Faisans de Boheme                                      |
| Legumes      | Fonds d'artichauts a la moelle                         |
|              | Petits pois a la Francaise                             |
| Entremets    | Pouding soufflé a la vanille                           |
|              | Croutes aux cerises, a la Montmorency                  |
|              | Gelee muscovite garnie d'ananas                        |
|              | Charlotte printaniere aux fraises                      |
|              | Glaces—Compotes—Dessert                                |

At that meeting of the emperors they ought to have had a diplomatic pudding and a crawfish salad or two, by all means, for of course one party had to eat craw, if the other did endanger the piece of Europe.

And we find another salad among the entrees, as well as cress with the rots.

### FAMILLE IMPERIALE DE FRANCE.

|                |                                           |                |
|----------------|-------------------------------------------|----------------|
| Potages        | Pot-au-feu                                | Pates d'Italie |
| Hors d'œuvre   | Petits Pates au naturel                   |                |
| Grosses Pieces | Saumon a la sauce Genevoise               |                |
|                | Pieces de Bœuf a la Jardiniere            |                |
|                | Rossif garni de croquettes                |                |
| Entrees        | Tete de veau en tortue                    |                |
|                | Petites timbales a la Lavalliere          |                |
|                | Grenadins a la chicoree                   |                |
|                | Supreme de volaille aux points d'asperges |                |
|                | Chauchoix de foie gras                    |                |
|                | Salade de filets de soles, a la ravigotte |                |
| Rots           | Faisans et chapons au cresson             |                |
| Entremets      | Artichauts frits                          |                |
|                | Choux-fleurs, sauce au beurre             |                |
|                | Haricots verts sautes                     |                |
|                | Epinards au veloute                       |                |
|                | Charlotte russe au chocolat               |                |
|                | Timbale de poires a l'Italienne           |                |
|                | Gelee macedoine de fruits                 |                |
|                | Pains la Mecque                           |                |
|                | Dessert.                                  |                |
|                | Diner servi a la cour de France           |                |
|                | en 1860.                                  |                |



Salads appear but rarely in the English royal dinner menus. The annexed has one classed with the entremets, as if in an American hotel bill we should place lobster salad among the vegetables.

### FAMILLE ROYALE D'ANGLETERRE.

|            |                                                                                                                                                     |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Potages    | Puree de volaille, a la Reine.<br>Consomme aux Pates.                                                                                               |
| Poissons   | Tranches de cabillaud<br>Eperlans pits                                                                                                              |
| Relevés    | Cuissot de chevreuil, sauce poivrade<br>Poulardes et langues, aux chaux-<br>fleurs                                                                  |
| Entrees    | Tronçons de anguilles, a la Perigord<br>Rissolettes de volaille, a la Pompa-<br>dour<br>Saute de filets de Perdreaux<br>Noix de veau, a la chicoree |
| Rots       | Grouses au jus<br>Poulardes, bread sauce                                                                                                            |
| Relevés    | Pudding de cabinet<br>Gaufres a la Flamande                                                                                                         |
| Entremets  | Celeri a l'Espagnole<br>Salade de homards<br>Flan de Pommes Meringuees<br>Biscottes glacees                                                         |
| Side table | Roast beef<br>Roast Mutton                                                                                                                          |

Thirteen cooks of note took part in the preparation of the above dinner; their names are all duly appended, with the date 1858.

It would be a relief to anyone after scanning three score and ten such menus as the foregoing and finding the salads wandering up and down in the bills and going to and fro in the midst of them, to be able to give them a local habitation and a place all their own, as happily we do in our American hotel bill of fare, the form that is unborrowed, that contains some features of all the preceding specimens, yet is different from all, and more suitable to the habits and customs of the people. Some of the most renowned hotels of the United States use the exact form following, and a very large number beside only make the one or two changes of placing the list of boiled meats above instead of beside the roasts, and substituting the line "cold dishes and salads" for mayonnaise, dispensing with the cold meats heading altogether.

### DINNER.

#### LITTLE NECK CLAMS.

#### SOUP.

Terrapin Printaniere

#### FISH.

Boiled Kennebec Salmon, lobster sauce  
Potatoes Hollandaise

#### BOILED.

Turkey, parsley sauce  
Corned beef, with new cabbage  
Leg of mutton, caper sauce

#### ROAST.

Ribs of Beef  
Turkey, stuffed  
Spring lamb, mint Sauce

Beans, with pork

#### COLD MEATS.

Boned turkey Pate de foie gras

#### ENTREES.

Fillet of beef, larded, with mushrooms  
Wild pigeon, en compote  
Spring lamb chops, with green peas  
Orange fritters, maraschino Flavor

#### VEGETABLES.

New potatoes Tomatoes Green peas  
Cauliflower Cream spinach Asparagus  
Macaroni, Napolitaine

#### MAYONNAISE.

Chicken Lobster

#### Lettuce

#### SWEETS AND DESSERT.

Plum pudding, brandy sauce

Rhubarb pie Peach pie  
Catawba jelly Biscuit glace  
Fancy cakes, etc.

Vanilla ice cream Roman punch  
Strawberries, with cream  
Fruits, nuts, crackers and cheese  
Coffee

CONTINENTAL HOTEL, Philadelphia,  
May 9, 1880.

The next example of the American hotel bill of fare is patterned after the menus of a very elegant New York City hotel. It shows where the salads may be found always, without necessitating search through hors-d'œuvres entrees and entremets.

### DINNER.

#### SOUP.

Puree of chicken, a la Princesse  
Consomme Desclignac

#### FISH.

Boiled Turbot, a la Cardinal  
Potatoes Hollandaise.

#### BOILED.

Turkey, oyster sauce  
Tongue, caper sauce  
Ham

#### ROAST.

Ribs of beef au jus  
Lamb, Venetian sauce  
Wild duck, app'e sauce

## ENTREES.

Sweetbreads en Chartreuse

Potted Quail, a la Royale

Macaroni and Cheese, Sicilienne

## COLD DISHES AND SALADS.

Chicken Salad Lobster in Shell Sliced Tomatoes

Smoked Tongue Boned Turkey en Aspic

## VEGETABLES.

Potatoes boiled, mashed, browned Green Peas

Corn Tomatoes

## SWEETS AND DESSERT.

Grape Pie Lemon Meringue Pie

Cabinet Pudding

Neapolitan Ice Cream Blanc Mange au Marasquin

Assorted Cakes Fruits Nuts

## COFFEE.

## Salads and Cold Dishes from Foreign Menus.

The following will be found suggestive not only of new or nearly forgotten dishes to make in this department, but of different names or ways of writing the same thing.

Buisson de petits homards.

Mayonnaise de homards.

Aspic de langoustes.

Aspic de homards.

Homards en coquilles.

Homards en belle vue.

Mayonnaise de langoustes en bordure.

Salade de homards en coquille.

Lobster salad with plover's eggs.

Lobster au gratin. (in one royal menu stands in the salad's place with the rots.)

Salade de ques d'ecrivisses (crayfish tails.)

Salade d'ecrivisses, a la gelee.

Crayfish, plain.

Buisson d'ecrivisses

Groups of large crayfish.

Aspic of plovers eggs and prawns.

Buisson of prawns sur socle.

Aspic de crevettes (shrimps.)

Salade de filets de soles, a la Parisienne.

Salade de saumon, a la Russe.

Salade Russe au thon (tunny.)

Filets de saumon a la mayonnaise.

Mayonnaise de filets de soles.

Dame of salmon with Montpellier butter.

Salad of filets of fowls a la belle-vue.

Mayonnaise of chicken.

Sliced galantine with jelly.

Salade de volaille.

Poulets gras, a la gelee, sauce remoulade.

Galantine de volaille, a la gelee.

Italian salads in decorated aspic borders.

Salade de legumes garnie de saumon fume (with smoked salmon.)

Salade a la Russe.

German salad.

Salsify en mayonnaise.

Salade de legumes, a l'Italienne.

Salade de laitues.

Haricots verts en salade.

Potato chips (once in salads place.)

Choucroute aux huitres.

Salade Italienne en belle-vue.

Salade de chicoree.

The last named salad is found in the menu of a German duke's grand dinner. "In Holland and Belgium, white chicory is sold at a cheap rate early in the spring, and supplies a grateful salad long before lettuces are to be had." Endive and succory are other names for chicory.

The definite object in view in bringing in the foregoing perhaps somewhat formidable looking mass of French is to discover what the best European bill of fare composers and cooks do when they do their highest endeavors for the greatest occasions that can arise in their particular world, and not at all to lead any callow geese on this side to copy and use the imposing words they do not understand. We must have a standard to judge American hotel work by, and as far as names and words can go to give an idea, these imperial menus and the salad dishes culled from many others mark the topmost notch. There are some American hotels, their menu writers, caterers and cooks, who would not consent to be ranked below the European in anything, even in salads. However, there can be no dispute, for after we have learned what they make there remains the greater question of perfection of work, skill, readiness, dexterity, and good taste, and that will always remain open. Salads made only to look at are out of place in a hotel. Ornamentation that consumes hours of time is impracticable where a new banquet comes on every day. Instead of one great dish of salad we have a hundred or two little dishes. Every person at table if he chooses has a complete dish to himself. Whatever fixing up is to be done must be done quickly or it will not be done at all.

A great check might be put upon the vulgar use of spurious French in bills of fare if guests and employers were to grow inquisitive and quizzical, demanding to know what each word means, of whoever wrote it. There's a nice new game for winter time.



### 729. Dressed Crab.

Pick the meat from the shell and claws, cut the solid parts into small pieces, dry the soft part with the addition of a spoonful of fine bread crumbs, mix all with a little oil, vinegar and mustard. Wash and dry the shells and serve the meat in them placed on a bed of something green—lettuce, cress, young celery plants or parsley.

### 729 a. Potato Salad Plain.

- 1 pint bowl of cooked and sliced potatoes.
- 1 small onion, sliced or chopped.
- $\frac{1}{2}$  cupful of vinegar. Parsley, salt, pepper.
- 1 tablespoonful of salad oil, or of fried bacon fat.

Mix all together by pouring from one bowl to another and shaking up.

### Hotel Dinner Salads.

"Insipid? Gastronomic heresy! There is nothing better than the potato. I eat them done in all the different ways, and should they appear in the second course, whether a la lyonnaise or au soufflé, I hereby enter a protest for the preservation of my rights."—*Savarin*. (Mem. To send them in also en salade.)

A thorough first class cook of a first class hotel would not like to send to the dinner table the informal salads of the preceding part, which, however, do very well for ordinary supper and lunch, besides serving as examples for the employment of the half dozen salad dressings already described.

### 730. Parisian Potato Salad.

#### POMMES PARISIENNE EN MAYONAISE.

Parisian potatoes are so called when scooped out of large potatoes with a scoop which forms them in balls of the size and appearance of white cherries, or a little larger or smaller, for the scoops are sold of different sizes.

1. Make the mayonnaise sauce in the quick way with bowl and egg-beater, directed in the beginning of this book, and add a tablespoonful of made mustard and a very little cayenne.

Scoop out about two quarts of Parisienne potatoes, set them on to boil in cold milk and water with a little salt in it, and take them off when just done, before they break out of shape. Drain in a colander and set away to get cold.

Also scoop out about a cupful of cooked blood beets, to match the potatoes, and cover the beet balls with vinegar.

Just before dinner set out from 15 to 25 small flat dishes (for the probable orders of 50 persons with a varied bill to choose from). Place a spoonful of mayonnaise in a pan or bowl and shake the potatoes

about in it to coat them. Pile 8 or 9 in each dish, draw a spoonful of mayonnaise over so as to mask them, and finish by placing with two forks 3 or 4 of the beet balls around for ornament.

2. Large dishes can be put up in the same general way, the beets may then be placed in a row or two diagonally across the top, as well, and some parsley added, giving the effect of a wreath of berries.

3. It is worth while to know that when the potatoes are of a mealy sort that break in the water they are better simmered till done in fresh butter, first melted and poured off the salt sediment, but not made frying hot. The potatoes are not to be allowed to become in the least brown, nor even to have a hard skin fried on them; only gently stewed in butter. The butter can afterwards be used for frying, etc.

4. Instead of repeating, the next time use the allemande salad dressing, which, if made with uncolored butter, is pearl white, and ornament with parsley, and a few capers on top, or pickled nasturtium seeds or pods, or some pickled red cabbage chopped and drained from its vinegar, the beets in this case being left out.

### 731. Beet and Potato Salad.

Cut some cooked blood beets with your sabatier scollop knife into cubes or dice shapes with fluted sides, and keep the cut shapes in vinegar.

Prepare some Parisienne potatoes—there should be about a quart of each—and the allemande salad dressing. Pile a few of the beet shapes in the middle of the dishes, place the potatoes around as a border, and with a tablespoon pour the sauce over the potatoes, leaving the beets of their natural color. Ornament with a hasty sprig of parsley to each dish.

"Characterless people who are like salsify that is always just going to taste like an oyster and never does."—*Talmage*.

("Was often thought but ne'er so well expressed.") Mem. To give salsify a chance in allemande dressing.)

### 732. Salsify Salad.

#### SALSIFY EN MAYONAISE.

Wash the salsify roots and shave off the outside, throw them in cold water with salt in it and set them on to boil. Try with a fork to know when done. Salsify requires an hour or more to cook. After draining from the hot water put it immediately in a pan of cold to keep it of good color.

1. Cut the salsify across in round lozenge shapes as nearly of one size as possible. Put it in a bowl and pour over it the allemande salad dressing with a little Chili vinegar mixed in.

Salsify is best in the spring of the year, after it has had the winter frosts, and garden cress can then be had for garnish. Make a border of cress on the small flat dish or saucer and place a spoonful of the salsify and its dressing in the middle.

2. Cut the salsify in lengths of about 2 inches, not using the largest roots for this purpose. Place 3 or 4 of the pieces on each dish, diagonally across the dish, and pour over the pile a spoonful of thick mayonnaise. It is better if the pieces of salsify can steep in oil and vinegar, enough to moisten them, awhile before dinner.

The cream hollandaise, or the other dressings, can of course be used instead of the two preceding, and salsify does well to mix in salads with other vegetables.

The making of the allemande dressin is not so simple but that it may be easily spoiled if the oil and cream be added too hastily. Probably a half cup more of cream will be needed than the receipt calls for, and it should not be ice cold nor added faster than a spoonful at a time. This dressing is valuable for needing no eggs and but little oil, and is suitable for all sorts of vegetables.

"We Florentines mostly use names as we do prawns, and strip them of all flourishes before we trust them to our throats."—*Romola*.

The prawn is a larger kind of shrimp and for the cook's purposes is the same thing. It has longer horns, feelers or flourishes than the shrimp, which causes it to be preferred for a *buisson*; it is of lighter color when cooked, and in the markets usually sells for a lower price than the shrimp.

### 733. Shrimp Salad.

MAYONAISE OF SHRIMPS OR PRAWNS, OR SHRIMPS (CREVETTES) EN MAYONAISE.

1 Prepare about a quart of shrimps divested of their coat of mail, tails, heads and flourishes, and place them in a bowl.

Make the *thin* mayonnaise or salad cream and pour it over the shrimps.

Take some heads of lettuce from the pan of ice-water in which they have lain, shake them free from water and shred them as fine as possible with a sharp knife, on a clean board kept for the purpose. About enough to fill a 2 quart pan will do.

Place a little pile of the lettuce in the small, deep dish, ice cream saucer or deep glass plate; make a hollow in the middle, forming a border of lettuce,

and in the hollow place a good spoonful of the shrimps and dressing. Dish up these only as needed, for the lettuce soon dries and loses its color.

2. Make the thick mayonnaise, or else use that termed American salad dressing, made of about the same consistence.

Prepare the shrimps, put them in a bowl, pour in a basting-spoonful of vinegar, two of oil, a little white pepper, and shake about, making the shrimps look moist and shining.

Prepare small white hearts of lettuce, one for each individual dish, pull them apart and lay the leaves slantwise, wreath fashion, around the dish. Place a neat spoonful of the seasoned shrimps in the center and over them pour or spread a spoonful of the mayonnaise.

3. For a large dish like the preceding fill the shrimps, after seasoning with oil and vinegar, into a melon mould (a mould in shape of half a melon), and slightly press to give them the shape. Turn them out onto a flat dish already prepared with leaves of heart lettuce. Pour the mayonnaise over the shrimps and decorate with eggs, olives, parsley, cut shapes of beets, flowers, etc.

4. Having seasoned the shrimps shape them for individual dishes by pressing a spoonful into a custard cup, or egg cup or similar mould.

Prepare about a quart of celery by chopping it fine and seasoning in like manner as the shrimps, with oil, vinegar and white pepper, adding a little salt also.

Turn the shrimps on to their dish and place around a border of the celery with a teaspoon. Finish with a spoonful of mayonnaise on top of the shrimps. Or the mayonnaise may be dispensed with, or, leave the shrimps without a dressing, and pour the allemande dressing from a spoon over the celery border.

5. Place a neat spoonful of shrimps—either seasoned or not, as the time may allow—on the small flat dish, and over the top spread a spoonful of mayonnaise. Throw 3 or 4 capers in the center, place 2 or 3 quarters of hard-boiled egg around, or 3 or 4 olives, like the beet balls on the potato salad, or use both, and any other ornament such as cress or parsley that may be at hand.

6. Reverse the order of any of the foregoing, when the shrimps are of good shape, and handsomely coiled, by making a pile of shred lettuce or chopped celery in the middle and placing the shrimps around and upon it. A very pretty mixture may be made of shrimps in cress, or water cress, without any other dressing.



And now we cannot well go further without some aspic jelly, and will proceed to make it.

"What a perfect family!" exclaimed Hugo, as he extracted a couple of fat little birds from their bed of aspic jelly. "Everything they do in such perfect taste. How safe you were here to have ortolans for supper!"—*Lothair*.

"Garnished with cut carrots, like a made dish in Bloomsbury Square."—*Pelham*.

"The dinner was a banquet—a choice bouquet before every guest, turtle and venison and piles of whitebait, and pineapples of prodigious size, and bunches of grapes that had gained prizes. The champagne seemed to flow in fountains, and was only interrupted that the guest might quaff Burgundy or taste Tokay. But what was more delightful than all was the enjoyment of all present, and especially of their host. That is a rare sight. Banquets are not rare, nor choice guests, nor gracious hosts; but when do we ever see a person enjoy anything?"—*Endymion*.

"Pantagruel did not like this pack of rascally scoundrels, with their manifold kitchen sacrifices, and would have been gone had not Epistemon prevailed with him to stay and see the end of the farce. He then asked the skipper what these gastrolatous hobgoblins used to sacrifice to their god Gaster on interlarded fish days? 'For his first course,' said the skipper, 'they give him caviare, potages, then salads a hundred varieties, of cressets, sodden hoptops, spinach, celery, sives, rampions, mushrooms, asparagus, woodbind, red herrings, pilchards, anchovies, fry of tunny, pickled eels, cauliflowers, beans, salt salmon, prawns, cray-fish, and a world of others.'"—*French Classic*.

Everybody had an appetite for dinner to-day, and the dinner was worthy of the appetites. Zenobia's husband declared to himself that he never dined so well, though he gave his *chef* £500 a year."—*Endymion*.

"And now you think of remaining here?" said Mr. Wilton.

"No," said the lady, "that I cannot do. I love everything in this country except its climate, and, perhaps, its hotels."—*Endymion*.

"The odd thing is," said St. Aldegonde, "you never can get anything to eat in these houses. Their infernal cooks spoil everything."—*Lothair*.

"No," said Harold, "the question is, whether the English climate will agree with me. It's deuced shifting and damp; and as for the food, it would be

the finest thing in the world for this country if the Southern cooks would change their religion, & be persecuted, and fly to England, as the old silk-weavers did.' 'There are plenty of foreign cooks for those who are rich enough to pay for them, I suppose,' said Mrs. Transome, 'but they are unpleasant people to have about one's house' "—*Felix Holt*.

"The blonde misses of Aibion see nothing in the dull inhabitants of their brumous isle, which can compare with the ardor and vivacity of the children of the South. We bring our sunshine with us. My genius would use itself in the company of these rustics—the poesy of my art can not be understood by these carnivorous insularies.'"—*Monsieur le chef Mirobolant*.—*Pendennis*.

"Then Answered Dinglong: 'I bring these sheep out of a country where the very hogs, God be with us, live on nothing but myrobolans.'"—*French Classic*.

'And so, with a nod, he walked off to the cook's shop at the corner of the Vicolo San Nicolo, and bought him half a loaf of black bread and a plate of beans and oil, upon which frugal fare, washed down with another draught from the green pitcher, he presently made his solitary meal. His rage was over now.'"—*Lord Brackenbury*.

Perhaps a little familiarizing talk about aspic jelly will do more good than the bald receipt for making it alone. For, paradoxically enough, aspic jelly is the one unnecessary article that we cannot possibly do without in the kitchen, not in the kitchen of a house that aims to be above the garnish of cut carrots style of Bloomsbury Square. Aspic jelly is one of the barriers, greater a good deal than mayonnaise, which shut off the European style, or, more strictly speaking, French cookery from the popular appreciation and adoption. You have opened a hotel. You are going to be first class. Oh, yes. You get a foreign cook, but instead of the decided improvement in the get-up of common articles which you looked for, unless he be a very reasonable man and quick to perceive your wishes you will find him, most likely, engaged in the preparation of some unintelligible nonsensicalities that were not included in your plans at all. He thinks you must have your dishes garnished, ornamented, and he is not the one to give you a garnish of cut carrots or turnips. He will place around your dishes "bold croutons of aspic jelly," as his celebrated masters direct. To get this he will bother you considerably, ordering calves' feet, chickens, pigs' feet, gravy beef, veal shanks, gelatine, lemons, eggs, flavorings etc. As you are not intending to have calves' feet, etc., on the table, perhaps you can't see the use of all these



things and will forget them for a few days, to the great distress of the cook. And when they do come the zealous fellow who means to set your house on the very top pinnacle of first classness may be seen working at night after all others are in bed doing what seems foolishness—but he is carrying on his art. And after that supply is exhausted and a new lot of materials called for you may with an effort remember that there was on the table a dish of cold birds in a bed of jelly, which one or two out of fifty persons—a Lothair, or some such stranger—saw and admired. You will remember the shapes or the border of chopped jelly around the dishes that sparkled with it as if set in jewelry, and a boned turkey entirely coated with transparent jelly, of which somebody sitting near said, “How pretty,” and “Is it good to eat?” And then perhaps you have to think over the unsatisfactory condition of the roasts and the mashed potatoes and conclude that French cookery is one of the things that no fellow can understand, while the cook, discouraged, may be repeating some of the words of Monsieur Alcibiades Mirobolant above quoted. There is a want of mutual understanding in these matters. The foreign cook knowing that these extra accomplishments are what make him different from the home-bread article is apt to magnify their importance out of all reason, and not being used to count the cost of labor and material, is almost sure to take the longest way round about to reach the desired end. Hotel-keepers want French cooks with American ways, and American cooks with French knowledge. It is French to know how to make and how to use aspic jelly. For that reason we cannot quite do without making it once a week, and this regardless of whether people call for it or not. It is well known that it is not necessary to existence. Doctor Tanner quite recently lived forty days and forty nights without once tasting aspic jelly; but it is a matter of fashion. It has been seen that aspic is mentioned often in the loftiest menus, and the initiated are cognizant of aspic in many dishes besides where it is not mentioned by name. Because the leaders on the other side choose, followers on this side must. The most delicate flattery of their table hotel-keepers ever receive, and generally the most highly appreciated, is when distinguished parties look on admiringly and say, “You employ French cooks, don’t you?”—though perhaps Pompey and Dina “done been done it all themselves.” However, distinguished parties never say that when the French in the bill of fare is Choctaw. Meat jelly in the rough is no foreigner, however, but is native everywhere. The English name is savory jelly, aspic is the same refined. This ought to be better understood, that the first consideration should be to make and keep the jelly savory, so that the meat it goes with is improved by it—the jelly combining several fine flavors and the essence of choice

game, may be even more delicious and more sought after by epicures than the meat itself. That is where skill and refinement in cookery come in. The great raised cold pork and venison pies or pastys, the brawn and the boars head on the oaken tables of Cedric and Athelstane, the Saxon earls of Ivanhoe, were filled and set and solid with aspic jelly in the rough. It was the gravy set with its own richness, but dark gray and looked as if it wanted straining. But the earls were invited by the French Prince John and his nobles to a feast, and there was a fine bird pie, cold, of which the gravy had been clarified. The birds were so rare and costly as to be almost priceless, and betwixt them the aspic jelly had been poured and looked like amber. And even Athelstane appreciated the merits of that pie filled with delicate aspic, for after he had gobbled the whole business he wiped his mouth and asked what that thing was that was so good. Now, we don’t want to say that aspic jelly, taking it all round, is better than rich gravy, but it certainly is far more ornamental, and while you are making it to serve with fat little reed birds or rice birds because it is ornamental, take care it does not get dosed with unsuitable herbs and vegetables, and then stick and burn on the bottom, and taste worse than scorched beans. The cook and confectioner can take the jelly from the pigs-feet keg and bring it back looking as clear as glass, and when broken it will shine “like dew on the gowan lying,” but the demands of refined cookery will not be satisfied unless it taste as good as it looks.

### 734.

Sometimes there is a remainder of a good looking amber clear soup left over that sets in jelly when cold, and you say involuntarily to yourself, “how rich that was, and what a pity to throw it away.” Perhaps it need not be. It will make savory jelly for something—for pressed corned beef and the like. But when there is a surplus of the broth that fowls and turkeys have been boiled in you have as good a material for aspic as can be made. Understanding this and a little rule or two, the terrors of jelly-making and the dark mysteries of galantines and aspic salads will disappear.

One and a half ounces of gelatine to a quart of water will make jelly, or

One ounce of gelatine to a quart of good broth, and less still, the stronger the broth may be.

One calf’s foot boiled in 3 quarts of water will make a quart of jelly without any ge’atine. A pig’s foot and shank does the same. Fowls either old or young boiled tender in the liquor are necessary for good quality. Veal and veal shanks and coarse beef are also used, but will not do very well alone.

“Supper time approaching, Don Quixote retired to his apartment, and Sancho inquired of the host what they could have to eat. The landlord told him his palate should be suited—for whatever the



air, earth and sea produced, of birds, beast or fish, that inn was abundantly provided with. 'There is no need of all that,' quoth Sancho; 'roast us but a couple of chickens, and we shall be satisfied; for my master hath a delicate stomach, and I am no glutton.'

"As for chickens," said the innkeeper, 'truly we have none, for the kites have devoured them.' 'Then let a pullet be roasted,' said Sancho; 'only see that it be tender.' 'A pullet? my father!' answered the host; 'faith and troth, I sent about fifty yesterday to the city to be sold; but excepting pullets, ask for what you will.' 'Why, then,' quoth Sancho, 'e'en give us a good joint of veal or kid, for they cannot be wanting.' 'Veal or kid?' replied the host, 'ah, now I remember we have none in the house at present, for it is all eaten; but next week there will be enough and to spare.' 'We are much the better for that,' answered Sancho; 'but I dare say all these deficiencies will be made up with plenty of eggs and bacon.' 'Fore heaven,' answered the host, 'my customer is a choice guesser! I told him I had neither pullets nor hens, and he expects me to have eggs! Talk of other delicacies, but ask no more for hens.' 'Body of me!' quoth Sancho, 'let us come to something—tell me in short what you have, Master Host, and let us have done with your flourishes.' 'Then,' quoth the innkeeper, 'what I really and truly have is a pair of cow-heels, that may be taken for calves' feet; or a pair of calves' feet that are like cow-heels. They are stewed with peas, onions and bacon, and at this very moment are crying out, 'come eat me! come eat me!' 'From this moment I mark them as my own,' quoth Sancho; 'let nobody lay a finger on them. I will pay you well, for there is nothing like them—give me but cow-heel, and I care not a fig for calves' feet.'—*Don Quixote*.

### 735. Aspic Jelly.

To make savory jelly, take  
12 pounds of meat and feet.  
12 quarts of water.  
12 hours to boil them gently.

12 cloves.  
1 bay leaf.  
1 small turnip.  
1 small onion.  
1 carrot.  
1 rounded tablespoonful of pepper.  
1 do do salt.  
3 to 6 lemons, juice only.  
6 eggs to clarify the jelly.

As has been already intimated it makes but little difference in ordinary life what kind of meat is used. For choice we will say 2 calves' feet, 2 pigs' feet with the shanks attached, 2 old fowls and some veal bones or shin of beef. Chop and break the pieces.

Put them on in a boiler having a false bottom to prevent burning, or, otherwise, put a pie plate in before the meat. Fill with cold water. Bring to a boil and skim off what rises to the top. Then push the boiler to the back part of the range, and let simmer gently about 12 hours. It should by that time be reduced to about a third of the quantity of water first put in and will set in jelly when cold. But during the time of cooking the vegetables and salt and pepper should have been added. White pepper is best, whole black pepper, broken a little, is next, and if you have not these ground black pepper will do.

Strain off your 4 quarts of jelly and fat, from the meat and bones, and set it away to get quite cold. Then take off the grease from the top, and wipe off the last particles with a cloth dipped in warm water. Now melt the jelly in a good sized kettle or bright tin pan. Squeeze in some lemon juice—enough to give it a tart taste. Of the six eggs take 2 entire, 4 whites, and all the shells, and a cup of cold water, beat them up, add them to the melted jelly and beat up to mix. Then boil—about half an hour will be right.

One reason of trouble in making jelly is the white of egg does not get cooked enough, but runs like milk through the jelly bag and makes the jelly cloudy when it should be clear. If it boils over too much set the kettle and all in the oven till the white of egg has become a gray curd; then it will strain clear.

Another trouble is when you try to do without lemons the jelly very often is gummy and will not run through flannel, nor hardly through a sieve. An acid cuts it and makes it limped. If you must use vinegar instead of lemon juice, you must. It will have the same effect—to make the jelly run through.

The jelly bag is made of red flannel—about a yard—a wire ring to hold the top open—the bag running down to a point, funnel shaped. Suspend it by strings like the bail of a bucket.

The clarifying process above may of course be applied to any soup stock or gelatine liquor, and applies with more force to sweetened jellies, which are harder to make than aspic.

The aspic may be cooled on dishes, of right depth to stamp out fancy shapes when cold. The color will likely be light straw color. A few drops of burnt sugar caramel will make it amber and a few more brandy or ale color. A few drops of red coloring will make pink of the clear and port wine color of the brown.

The other way will come more familiarly home to hotel cooks where the stock boiler is the always ready resource.

**736. Aspic Jelly.—Hotel Method.**

Draw off 4 quarts of clear soup stock from the stock boiler. It has already been lightly seasoned with the common vegetables, and for this use should have a head of celery and a handful of parsley extra. Chop about 2 pounds of lean beef fine like sausage. Mix a pint of cold water with it, then put the beef in the 4 quarts of stock and boil it a short time. Strain this consomme from the beef through a fine gravy strainer, and set it in the refrigerator that the grease may be all taken off when cold.

Then add to it the whites and shells of 6 eggs, juice of 4 lemons, 1 bay leaf, a tablespoonful of bruised pepper corns, or some white pepper, the same of salt, a ladleful of cold water beaten in the eggs, and 4 ounces of the cheap, white gelatine, that floats while dissolving and can't burn. Bring the mixture to a boil, with frequent stirring. When done pour it 3 or 4 times through the jelly bag.

Now we have a pail of savory jelly in the ice chest always ready, and can go along with the salad-making.

**737. Shrimps in Aspic.**

ASPIC OF SHRIMPS OR PRAWNS.

Good aspic or savory jelly is a really pleasant condiment with shrimps and the like as well as very pretty ornament, but someone remarks in a common-sense way that it *ought to be* fish jelly instead of meat jelly.

1. Pick a quart of shrimps and keep the largest and shapeliest for this purpose, laying aside the broken pieces for fish sauce, etc. Shake up the shrimps in oil and vinegar enough to make them shine.

Chop some bright amber-colored jelly. Slice extremely fine, or chop—only just before it is to be used—some green lettuce, cress and mustard, or celery with half green tops, as may be convenient, and season with oil, vinegar and salt.

Put a spoonful of the green salad in each small dish and form a border with it. In the middle place a spoonful of the chopped jelly well spread out, and on that, well in the center, not to hide the border of jelly, place a spoonful of shrimps. Take up a little more of the chopped jelly on a silver fork and striking dredge it all over the dish.

2. Melt some jelly and add to it a flavoring of pepper sauce, Halford sauce (poured off clear without dregs) and one drop of red coloring.

Spread the shrimps close together and only two deep on the largest sized meat platter, pour enough of the jelly over just to cement the shrimps together and set the dish in the refrigerator to get cold.

When to be dished up cut the shrimps in jelly in cakes, either with a sharp knife in oblongs, tri-

angles, squares, or diamonds, leaving no residue, or with a round or oval cutter.

Dish up in combination with a green salad border. One oblong cake on a bed of cress. Two small triangles set up against a pile of salad in the middle.

3. The last is one of the speedy if somewhat rough-and-ready ways that are always practicable, while this takes time.

Prepare a small bowl of chopped green lettuce, about a pint may do, and moisten it with some salad dressing.

Pour a spoonful of flavored jelly in each one of about 25 slender conical shaped wine glasses, or moulds like them, let it run all around to coat the sides, stick the shrimps in order upon the jelly, and let it set in a cold place. When about two rows have been put in place, put a teaspoonful of the chopped lettuce in the cavity, and the shrimps dipped in jelly, on the point of a fork, can be placed in the upper rows easily. Fill up with the prepared lettuce and pour a spoonful of jelly on top of that and be sure the moulds stand level while the jelly is setting. The moulds or glasses have to be placed in ice water when the weather is not cold.

To dish up, dip the mould a moment in warm water, wipe the outside and shake the shape of jellied shrimps out onto a bed of cress in its dish. Stick a plume of fennel or a flower in the top of the cone.

4. The stamping works now turn out a great variety of fancy shapes of gem pans, some in form of scallop shells, that are well adapted for moulding these individual aspics in, and are less troublesome than border moulds. There is no good reason why this day's dinner should be just like any other day's dinner in these little ornamental accessories.

**738. Oyster Salad.**

6 dozen fresh oysters.

6 heads of celery with part of their green tops.

About half as much tender white cabbage.

The mayonaise salad dressing.

1. *Make the mayonaise with lemon juice* instead of vinegar—or use the juice of 2 lemons, 1 tablespoonful of tarragon vinegar and a little pepper sauce or chili-vinegar.

After washing the celery and cabbage throw them into boiling salted water, let them boil not less than 5 nor more than 10 minutes, then drain and cover with cold water, then drain dry and chop them fine.

The green celery leaves acquire an intenser green in the boiling water, and chopped with the stalks and roots give a tinge to the whole.

Drain the liquor from the oysters and bring it to a boil in order to remove the scum either by skimming or straining. After that add to it an equal quantity of good vinegar, a seasoning of broken



pepper-corns, pepper sauce and salt, then put in the oysters and bring them *just to the boiling point and no more*. Shake the saucepan continually that the oysters may become set while cooking in round and plump shape. Then drain them from the liquor and set them away on a dish to become ice-cold.

When to be dished season the chopped celery, etc., with oil and vinegar, slightly, but well mixed in, spread a spoonful of it in the middle of each small dish, on that lay some oysters side by side, and on top another spoonful of the celery. Flatten the top slightly but don't smooth the sides. Pour the mayonaise over just thin enou to run.

The foregoing is *not* enough for the average orders of fifty persons.

2. Prepare the ingredients as above—but the allemande salad dressing or any other may be used as well.

Fry some outside leaves of lettuce, twice as many as you expect to use that you may select those which are the most like shells in shape and of the finest green-bronze color after frying. Good sweet lard should be used made hot in the potato fryer, but not smoking hot. The leaves take about a minute or two to fry green colored but dry. When done lay them hollow side down on baking sheets and let them drain perfectly in a hot place, then let them become cold. Shape little oyster (or lobster) salads in egg cups, and dish them up in these crisped lettuce leaves like a fish in a shell. Spread dressing over as usual.

### 739. Aspic of Oysters.

Prepare the oysters as for salad by scalding them in seasoned vinegar and oyster liquor.

Prepare some green aspic jelly (*ravigote jelly*) by boiling some green celery leaves done, draining dry, pounding, mixing with clear aspic and then straining it again. Cool the green jelly in the smallest flat dishes—it is to form foundations to lay the oysters on.

Boil some eggs hard and chop the yolks for border ornament. Now place about four oysters diagonally side by side in the smallest flat dish, and pour over enough clear white or amber jelly, highly seasoned with pepper sauce and lemon juice, to nearly cover them. When all are cold slip the shapes of green jelly from their dishes by means of a knife and place them bottom side up on the dishes they are to be served in, then the shape of oysters on that and ornament with the minced yolks or tiny leaves of heart lettuce.

"Alleys of scarlet tomatoes, purple mulberries, grapes, lemons, oranges, quinces, pumpkins,

'melons; gourds of all shapes, sizes, and colors, green and pinky and yellow and violet; pearly rice from the fields about Mantua; and unground maize, like beads of clouded amber. Flowers are in profusion—roses, camellias, and autumn violets; besides mountains of mulberry leaves for silk-worm breeders, pine cones for firing, flat baskets piled high with wrinkled olives, and sacks of shining brown chestnuts.

"Giving smile for smile, greeting for greeting, La Giulietta meanwhile makes her modest purchases; lettuce and cress and sweet fennel for salad; lentils and a handful of tawny fungi for soup; a little pat of fresh butter wrapped in mulberry leaves; and the proffered morsel of stracchino for Uncle Stefano's supper."—*An Italian Market-place.*—Lord Brackenbury.

"Another species of fennel, called finocchio by the Italians, is also used for the same purposes, and as a flavoring for soups."—*Bazar*.

"In a corner, far away from any group of talkers, two mules were standing, well adorned with red tassels and collars. One of them carried wooden milk-vessels, the other a pair of panniers filled with herbs and salads. \* \* \* Nevertheless our stranger had no compunction in awaking her, but the means he chose were so gentle that it seemed to the damsel in her dream as if a little sprig of thyme had touched her lips while she was stooping to gather the herbs."—*An Italian Market place.*—Romola.

"Would you kindly get those Soissons haricots fetched, which I see at the end of the table. \* \* \* I beg also your favorable notice for the small marsh beans, sometimes called English beans; when still green they are a dish for the gods."—*Savarin*.

"It is said that we are indebted to Alexander the Great for the introduction of this bean into Europe, for while marching on his victorious route in India his eye fell upon a field of these plants. They appeared to him very inviting, and finding them good for food he highly recommended them to his countrymen."

"The Romans preserved them with vinegar and garum, and they were handed round at the beginning of a feast to excite the appetites of the guests."

"About Bari? Surely—a seaport on the Adriatic coast. You may see plenty of Bari trading vessels at Ancona and Venice. Our neighbor Sacchi, who understands the wholesale business as well as any man in town, gets all his oil from Bari. Being brought by sea to Venice, it comes cheaper than the oils of Florence and Lucca, which have to be brought across the Apennines. Don't you know the proverb, 'Bari for oil, Trani for figs, Otranto for pretty women?'"—*Lord Brackenbury*.

**740. Salade Jardiniere.**

With peas, asparagus points and other green vegetables really green, beets blood red, and first-rate aspic jelly for border, and flowers, nothing goes to table that is more showy than this.

Cut a number of different colored root vegetables in slices and boil them till done in salted water—a white turnip, a yellow rutabaga, a red carrot, salsify, parsnip, broad celery stalks, almost anything for variety.

When done stamp them all out in little star shapes or flower shapes, with a tin vegetable cutter, not much larger than a silver dime.

Also stamp out a quantity of the same star shapes of cooked beets, the deepest red, and keep them dry in vinegar, separate.

Boil a corresponding proportion of asparagus heads green, also some green peas (unless you can get the French peas, and half a can may do), and string beans and chives, etc. A small quantity of the French *ognons*, or small seed onions sold in bottles, is also a desirable addition. Cut the string beans in diamond shapes.

Mix all these vegetables, except the beets and a sprinkling of the peas or asparagus points, together with enough oil and vinegar to moisten, and turn them from one bowl to another a few times.

Pile in the middle of the dishes, and pour *thin* mayonnaise over, and scatter the star shapes of beets and the green peas all over the top.

Around the edge of the dishes place blocks of amber jelly, lettuce leaves, tiny bunches of cress, flowers, etc., all or part, according to fancy.

The jelly should be cooled in dishes, in depth about half an inch, cut in perfect cubes, then cut across, to form three-sided blocks. For all these ornamental purposes it is generally necessary to clarify the aspic jelly a second time—it makes it firmer and of a more golden richness of appearance. All things in this class are for style. Good workmanship tells. Better never attempt them at all than make them but tawdry imitations.

**741. To Boil Vegetables Green.**

Let asparagus, peas and string beans lie in cold water an hour or two before cooking, then put them into water that is already boiling, but just before putting them in, drop a little bi-carbonate of soda into it. A pinch of carbonate of ammonia does as well. Too much of either makes the vegetables soft and yellow.

The French green peas—*petits pois*—are better than ours, chiefly because they are gathered while young enough, so, likewise, are the English, but American peas never are—except in California.

The French *petits pois* are made so green by the addition of a small quantity of Vichy salt to the water they are canned in, an alkaline salt from the famous springs. Bi-carbonate of soda with salt has about the same effect.

Spinach, summer cabbage, Brussels sprouts and the like are kept green while boiling by the same treatment as asparagus and peas. Green celery leaves—useful in salad making—need no alkali to green them, the boiling water is sufficient.

**742.**

When using the coarser outside stalks of celery for any purpose that requires them to be cooked scrape the tough sinews from the back—much as you would scale a fish—and the celery will be greatly improved.

**743.**

“He liveth well who loveth well

All things both great and small.”

—*Ancient Mariner.*

“Are you a favorer of the olive?” said Lord G—. “No,” said I, “I love it not; it hath an under taste of sourness and an upper of oil, that do not make harmony to my palate.”—*Bulwer.*

In the *salade jardiniere*, and the two next to come, you can put away that bottle of queen olives—in the *jardiniere* as a border ornament instead of jelly, and in the others as part of their composition, and be done with the perplexity. For it is perplexing, seeing the queen olive’s visits to the kitchen are so few and far between, to have somebody set the bottle on the table in a perfectly matter-of-course way saying, “As we want this to be a very nice affair you can have some olives for your salad,” and then walk off. Now what are you to do with queen olives to be fine for all they are worth? You have heard of a gentleman who is at all the outside parties and festivals where you have to send your contributions of boned turkeys and roast hams and things, who is a terror because he is a critic, and who always at those places makes the people a salad with olives. And it is the olive part that gives the impression of style, wherefore you likewise must do something great, and there’s your bottle of olives.

Now you wish your people were Italians, to eat their olives plain, like these in *Lothair*:

“On this morn, this violent morn, a few fishermen in one of the country boats happened to come in, about to dry a net upon a sunny bank. Lothair admired the trim of the vessel, and got talking with the men as they ate their bread and olives, and a small fish or two.”

Or like these in *Lord Brackenbury*:

“So La Giulietta hurries in to spread the table; and presently they are all sitting together at their evening meal—a meal literally of Attic simplicity, consisting of bread, salad, salted olives, a kind of sweet cake made with chestnut flour, and a measure of country wine in a wicker flask.”



Or like these in *Don Quixote*:

"They were all good-looking young fellows; each had his wallet, which, as it soon appeared, was well stored, at least with relishing incentives to thirst, and such as provoke it at two leagues distance.

They laid themselves along on the ground, and, making the grass their table-cloth, there was presently a comfortable display of bread, salt, nuts, and cheese, with some bacon bones, which, though they would not bear picking, were to be sucked with advantage. Caviare too was produced—a kind of black eatable, made of the roes of fish: a notable awakener of thirst. Even olives were not wanting, and though somewhat dry, they were savory and in good keeping. But the glory of the feast was six bottles of wine."

An English authority, too, advising on the make-up of a supper, says it will be as well to provide a few olives for the gentlemen; but means them plain, in pickle dishes.

In a little *menu* of an ancient dinner of Washington's, recently discovered among the family relics, that was printed in the *Reporter*, olives plain appears twice. However, our gentleman makes salads with olives in.

#### 744.

##### Salade de Legumes, a l'Italienne.

A match to the *jardiniere* salad, and, like it, made of several varieties of vegetables cut in forms. No mayonnaise needed unless for ornamental piping, like icing patterns on a cake. The distinctive feature is the border-mould of vegetable patterns and mosaics set in jelly; in the hollow center the plainer colored vegetables being piled, seasoned only with oil, salt, pepper, and tarragon vinegar. As the large moulds are almost useless for individual service, and even at parties are seldom if ever cut, the writer uses individual border moulds, which any tinner can make. They are of size and shape to fit the small dishes, from 2½ to 3 inches long, and form a trench or border an inch deep, the jelly, etc., moulded therein forming a rim for the dish, the centre being vacant.

1. Take a scollop scoop—not too small and tedious—one that scoops a sort of oblong shell shape or berry out of vegetables—and scoop about a cupful of potatoes raw, and then cook them in salted water. Also a cupful of cooked beets, same shape, and perhaps other vegetables, and a like quantity of shapes of white of eggs. Prepare likewise some cooked string beans by cutting them of same length, and stone a bottle of olives.

Set the small border moulds in a pan that is set in another pan of ice, water, and salt. Drop 3 or 4 olives in each and fill in between with the mixed

colored shapes of vegetables and white of eggs, and fill up with amber aspic jelly.

While the borders are setting prepare the inside filling. Choose cauliflower, potatoes, asparagus, beets, and green peas; cook them, divide the cauliflower into small flowerets, cut the potatoes and beets in very small dice, use only the green heads of the asparagus, season them all with tarragon vinegar, oil, salt and pepper. Turn the jelly borders out of their moulds and pile the other mixture in the middle.

2. Another way without border moulds is to spread the mixed shapes of vegetables and egg white over a large platter, pour on jelly to cover them, and, when set, with a sharp knife cut across in diamonds, and then divide these across forming triangles, carefully without dragging and displacing the vegetables. Take up these triangles with sugar tongs and dipping one edge in melted jelly set them up around the dish, and fill the centre as in the other. The olives may be used mixed in the centre filling, or as ornaments, alternating with the jelly shapes.

Huge salads of this kind are made for banquets and ball suppers, sometimes in pyramidal form, the sides of the moulds elaborately decorated with patterns of white of eggs (that has been steamed in a mass shallow in a pan, for large leaves, etc., to be stamped out), and asparagus set up in jelly in full length, with white and red roses of turnips and beets. These are ornamental pieces and for nothing else.

The honeycombed vegetables left after cutting or scooping can be steamed and mashed, the beets can often be chopped and used in another salad.

There are knives of peculiar shape sold for stoning olives. It makes a difference if the olives be the large kind and not such as now sometimes come in kegs.

#### 745. Salade a la Russe.

Various mixtures of fish and vegetables, with olives, pickles, capers and the like are called Russian salad, the distinguishing feature, however, is the Russian salad dressing of highly seasoned jelly whipped to a froth. The gelatine manufacturers have caused to be pretty well known certain sweet trifles made by whipping lemon jelly while cooling on ice to a froth resembling white of eggs, and then called lemon snow, snow pudding, and the like. These are known as Russian jelly or jelly a la Russe in French cookery. The Russian salad jelly is the same thing with salad seasonings instead of sweets. It may be either white, red, green or yellow; and

when ornamental border moulds are made with it the variations are to get red fleshed fishes such as lobsters, shrimps and salmon to show in the white jelly, and white fish and sometimes chicken, scalded oysters and the like, to show in colored jelly. Olives, capers, green gherkins and pickled peppers are always in place in Russian salads, and caviare is good for their ornamentation. The inside of the border shapes may be filled with any mixture of vegetables, like the Italian vegetable salad, and mayonnaise poured over.

Where so much depends upon individual taste it seems useless to give minute directions.

To make the jelly melt a pint of good firm aspic jelly, then whip it with an egg beater, in a pan of ice water, adding at the same time a quarter pint of olive oil and a little less of mixed vinegars—chili and tarragon—or lemon juice and some plain vinegar. To make the jelly very white whip one or two whites of eggs to a froth and stir them in just as it begins to be too firm to beat.

The red fishes should be cut in pieces of even size, mixed in the jelly, together with the olives, capers and shapes of pickles, and the moulds immediately filled. A good effect may be produced by dropping into the white jelly little cubes of clear jelly of different colors.

To color this whipped jelly red use beet vinegar, or lobster spaw pounded and rubbed through a fine sieve. For yellow mix mayonnaise dressing in it instead of oil and vinegar. For green use the juice pressed out of pounded raw spinach leaves, or of cooked celery leaves.

Stone the olives and fill them with chopped mixed pickles before putting them in the salad.

If the lobster holds the most prominent place among salads we guess it must be because the Old-World cooks, purveyors, major-domos and kings' tasters have thrust it forward for its bright color to make their set tables look like pictures. Looking back through an American cooking experience of about thirty years the writer has never had reason to regard it as particularly delicious eating. Conspicuous in the foreign menu certainly, but who can call to mind where any writer has eulogized lobster salad or held up the lobster for anything but a comparison for somebody's red face? Somewhere Thackeray who mentions everything eatable, and each at its proper style of table, and who knew what was good, mentions lobster and lobster salad, but in both places they are in the hands of low-down persons; one of them in a dusty place at a fair.

## 746. Lobster Salad.

MAYONAISE DE HOMARD, ETC.

1. The largest quantity of lobster can be disposed of at hotel tables by serving it (after taking

the meat out of the shell) plain, with only a little good vinegar poured over in the dish, and 2 or 3 crisp leaves of heart lettuce. It is one of the pleasures of the table for some people to make their own salads.

2. Cut the lobster as nearly in dice shape as may be, leaving the scraps and crumbs to be used for some other purpose—as fish sauce, croquettes, lobster cutlets, etc.—and mix it with an equal quantity of boiled potatoes cut to correspond, in the hollandaise salad dressing. Use shred lettuce to garnish.

3. Chop 6 or 8 heads of white celery and stir into it a little oil, vinegar, pepper and salt.

Select enough fine large pieces of the lobster meat for about 25 individual dishes; steep them in oil, vinegar, pepper and salt in a bowl, and dish one or two pieces laid diagonally on a spread out spoonful of the celery.

4. Prepare the mayonnaise salad dressing with lemon juice instead of vinegar, or part of the vinegar.

Chop six heads of celery with enough of the tenderest green tops mixed in to make it all light green. Cut the lobster in pieces all of one size and keep out the reddest meat in a dish by itself.

Dish a layer of the chopped celery in flat individual dishes; then lobster on that with the red pieces strewn at the edge where they will show among the green; then another spoonful of celery on top of the lobster, and press down the top slightly. Pour the mayonnaise over just thin enough to run and mask without hiding the colors. These salads look like tufts of moss.

5. Steep the lobster in oil, vinegar, pepper and salt. Dish on flat dishes, spread thick mayonnaise or other dressing on top, and decorate with quarters of boiled eggs, olives, pickles, capers, chopped lettuce, etc., as for shrimp salads.

## 747.

Lobsters, crabs, crayfish and shrimps are all cooked by dropping them alive into boiling water, salted. It is the old world fashion of the fishermen who bring in the daily market supply of shrimps, to boil them in sea water, on their way in. They have boilers set in brick work in their boats for the purpose. And so, it is said, do the lobster fishers of Gaspe Bay, where lobsters do most abound. Shrimps take but a few minutes to cook, lobsters take half an hour and more.



The lobster coral or spaw, if these furnished happen to contain any, can be used, pounded and rubbed through a sieve, to mix with mayonnaise to give it a red color and serve for variety in ornamentation. Another great use of the coral is to make lobster butter by pounding it with an equal amount of fresh butter and rubbing through a sieve. Add some lemon juice and chopped parsley. A tolerable substitute is the red claw meat of the lobster. This butter is used for spreading on bread or toast to build up salads on, and for sticking large pieces of lobster together. If seldom eaten it may be that the nature and composition of red butter is not generally understood. However, it goes well as a cold sauce with hot fish, and in that way is never wasted.

Then there is green sauce. Just lately I was trapped into reading a bill of fare. It was a Christmas bill, printed large, and set in a restaurant window among the ornamented dishes of an evidently good cook, and the novelty of it was salmon with green sauce. Why green sauce instead of *ravigote*, *remoulade*, *Montpellier*, or something else that conveys no picture to the mind? But green sauce stretches away back to the time of the old Romans, and perhaps beyond them to the Babylonians and Persians.

Here, comparatively recent, yet written three hundred and seventy years ago, is a French book talking about green sauce:

"It is," said Panurge, "my lords the king of the clouted hose. I intend to make him an honest man. I will put him to a trade, and make him a crier of green-sauce. Go to, begin and cry; Do you lack any green-sauce? And the poor devil began to cry."

Truly, green sauce might mean "garden-sass" or other things, but here are particulars:

"Pantagruel gave them a little lodge near the lower street, and a mortar of stone wherein to bray and pound their sauce."

It must be inferred that green-sauce has at some times been cried as a marketable article like popcorn. Green sauce, the simple base, in modern French cookery is called *ravigote*, and consists of some half dozen kinds of herbs—tarragon, chives, parsley, burnet and others, pounded to a green pulp and then pressed through a sieve. Of this Ude, and then Crevin made a dozen different combinations in hot sauces, like mint sauce with roast lamb, and cold green sauces and butters. Some of these are used solely for salads, Montpellier butter particularly, spread on toast as an ornamental border or foundation for lobster and fish. The expressed juice of pounded spinach leaves is relied upon for coloring a deeper green, and boiled celery leaves will answer as well. These sauces and condiments are not likely to become Americanized because of the danger of ignorant cooks using artificial green colorings, which are nearly all poisonous.

## 748. Lobster in the Shell.

Divide the lobster in convenient-sized pieces, crack the claws with a hammer, and serve plain; the best pieces only, the fragments can be put to other uses. Send in a quarter of lemon on each dish.

## 749.

### Buisson of Lobsters or Prawns.

The *buisson* or bush of lobsters, so often appearing in menus of banquets, is the same as would be a pyramid of anything else. It is an ornamental style of serving lobster in the shell for a large number, and sometimes the smallest lobsters are chosen for the purpose. The ways are various. The lobsters are fastened overlapping each other, tails upwards, in pyramidal form on a tall and slender evergreen bush—a Christmas tree in effect—with their claws, horns and eyes looking out menacingly from among the green. Another way is to make a pyramid of pressed corned beef incased in jelly and stick the lobsters in like form on that with silver headed skewers, filling in with greens and flowers. Prawns on the same plan and smaller scale. Little pyramids of shrimps and prawns are made by cutting a long loaf of bread in pineapple shape and sticking the unpicked shrimps all over it by their horns. Picked shrimps are similarly made to cover tall shapes moulded in cold butter. There is plenty of room to depart from these suggestions and furnish new designs.

"What a pleasure it is to have a good appetite, when one is certain of soon having an excellent dinner!" \* \* \* "Of all the qualities of a cook, the most indispensable is punctuality."—*Savarin*.

"That all-softening, overpowering knell,  
The tocsin of the soul—the dinner bell."

—*Byron*.

Some hotels now make a public exhibit of their Christmas meats and delicacies. I think sometime there will be a new fashion of parting off a portion of the dining room with a glass partition, in which room, as through a shop window, the compulsorily idle guests instead of watching the clock hand drag its slow length along will be allowed to see going on the cleanly and fireless process of salad making and decoration; the construction of the latest novelties in confectioneries and bouquets of fruits; the ornamentation of boned turkeys and the like after new designs furnished by the Lakeside Society of Decorative Art—Culinary Branch. Then the dining room will not be so wrapped in a dim religious light, and so formidably closed and bolted but that the slumbered stewards and waiters may be seen busy with their preparations for the good dinner to come.



**750. Fish Salad.****FILLETS OF FISH EN MAYONAISE.**

1. The kinds of fish that will fall apart in flakes, such as salmon, turbot, halibut, redfish, and fresh cod may be made in salads in the same ways as lobsters, shrimps and oysters, already directed. But table sauces, ketchups, soy, and essence of anchovies, can be added to the dressings according to taste.

Of India soy Savarin says: "It seems likely the Roman *garum* was a foreign sauce; perhaps even the 'soy' which we get from India, and which is known to be got by the fermentation of a mixture of fish and mushrooms."

**751.**

2. Fillets of fish are the whole sides freed from bones and skin. For individual dishes cut these into smaller fillets, about the size of fingers. Lay them to steep a while in oil, vinegar, pepper and salt, and dish on a bed of chopped celery. Then over each fillet pour a spoonful of mayonaise.

3. For a mayonaise of fillets of soles or brook trout: Skin the fish before cooking, and likewise split down the back and take the bones out. Roll the boned fish up in finger shape and lay them close together in a pan. Pour in some broth with a dash of vinegar, salt, white pepper, a piece of onion and some parsley. Cover with a bright flat lid, put buttered paper over that and cook in the oven 20 or 30 minutes. There should be little or no liquor left in the pan. Put a small weight on the lid to press the fillets, and set them away to get cold.

When to be made in mayonaise trim the ends off. Moisten the fillets with oil and vinegar in a bowl, and build them up, if for a large dish, around a conical pile of chopped celery or lettuce and pour the dressing over all. Garnish with lemons.

**752. Boiling Fish.**

The get along-without policy of neglecting to provide the kitchen with necessary utensils operates very against good cookery in average hotels.

There is no question but that in the fitting up of every new hotel some money is wasted in buying useless articles to suit the cranks and notions of the chef that is going to take charge—things like costly copper moulds, *bain maries*, patent machines, etc., which none of his successors in the same place will ever use, and proprietors having had experience of such follies are apt to take a grim revenge by refusing to buy any uncommon article at all. Now there must be, and it pays to have in the kitchens even of small and unpretentious houses, a fish boiler with its drainer or false bottom and hooked upright at each end to lift it and the fish out by; a stock boiler with its false bottom and faucet; a potato fryer with its suspended drainer; a time-saving

large coffee mill, and other things scarcely less important but none of them commonly to be found. It pays because some of the finest fishes are finest flavored when boiled, and if they can not be for want of the proper appliances they have to suffer deterioration by more expensive frying and baking. A fish may be boiled in a stove wash-boiler and fished out with two skimmers, but no company will insure it against breakage. What must be must, and in such a case you had better roll up the fish in a clean pudding-cloth, tying the ends and pinning the middle, and carefully roll it out on to its dish when done.

Any tinner can make a *poissoniere* or fish boiler. It should be long enough for a good sized Mackinaw trout whole, and wide enough for two or three on the drainer. It has sides straight up and a lid.

To boil a large trout, whitefish, redfish, sheephead or salmon for salad: Scale and clean the fish, clip off the fins but leave the head and tail on, and lay it in a pan of cold water. Draw some clear soup-stock into the fish kettle (the stock is already slightly seasoned with vegetables), to one-third fill it. Throw in a basting-spoonful of salt, a tablespoonful of pepper-corns, half a bayleaf, a small onion with six cloves stuck in it and a small piece of horseradish. Also a cupful of wine if afforded, sherry or claret—keep the cheap sweet angelicas and the like for ices and jellies—if no wine half a cup of vinegar instead. Let this liquor come to a boil, then wipe the fish clean and dry, lay it on the drainer and let come to a boil quickly. Then put on the lid and move the kettle to the side of the range to simmer slowly. Rapid boiling breaks the fish. Too much cooking softens it.

Half an hour is the average time it takes to boil a fish just done, but varies according to the size. Redfish and salmon, being solid fleshed, bear longer boiling than lake trout. Cool the fish in the liquor it was boiled in.

**753.****Redfish, Whitefish or Trout in Aspic Jelly.**

An ornamental dish. Border moulds are needed; common jelly moulds will do.

Take the boiled fish ice-cold from the liquor it was boiled in, wipe off with a napkin dipped in hot water, peel off the skin; then with broad knives split the fish down the back, remove the bone and lay the two fillets on a cutting board. It makes the handsomest dish to have a red or pink or yellow-fleshed fish to alternate with the white.

Get ready a pan of water, ice and salt (freezing mixture) to dip the moulds in to set the jelly quickly. Cut the fishes in finger-like strips.

Flavor some melted jelly with chili vinegar and table sauce poured off clear, then coat the moulds with it by turning a little around in them till set.



Place the pieces of fish in upright order around the mould with something to make ornamental stripes betwixt each piece—it may be the chopped red meat of lobster, a fine line of chopped yolk of egg, picked shrimps, or chopped parsley or tender green celery leaves.

One side of the mould has to be finished at a time, a little jelly poured over and allowed to set in the ice water, to be then turned over and the other side lined. With a number of moulds to work on there is no time lost.

For the inside filling mix aspic jelly and thick mayonnaise in about equal quantities, and beat it light on ice; just before it sets stir in chopped celery or white lettuce, or both, and when the fish-lined moulds are filled—or the hollow border if border moulds be used—let them set in a cold place till to be served. The dishes should be garnished with a border of picked leaves of water cress, and something to show it is fish, as shrimps or pieces of lobster, or better still, some of the smallest fish obtainable, incased in clear jelly whole, like oysters in aspic, and laid in order around.

A good deal of deteriorated and ill-savored food is sent to hotel tables through the semi-accidental fermentation of soup stocks, liquors in which fish are left to cool, and the like, and never so much as when the preparation of a banquet requires some things to be made a good while before. This is not through want of skill in making, but want of care in keeping. It is next to impossible for a large kettle of fish boiled over night, or a large body of soup stock to remain unchanged till next day, a sort of "salt-rising" fermentation sets in. This is not to run down hotel cookery but point the remedy. Always cool off soup stock in several shallow pans and stir once in a while, and never set fish away in the kettle more than one fish deep; and the kettle should be tipped once or twice while cooling to expel the heat from the center. After that there is no risk of a bad taste.

And, before we get too far from green sauce: There is a book in the British museum all about trout, that was written by a cook and published within a few years of Izaak Walton's Complete Angler. In a rhyming preface the author says:

"Forty years in ambassadors' kitchens I  
Learned the art of cookery."

And he has "trout pie to eat hot," and "trout pie to eat cold," and "cold trout in armour of green," in which we find the same old pounded herbs, or *ravigote*, mixed with butter and seasonings, and spread smoothly all over the cold boiled fish, which is then ornamented with thin sliced pickles to imitate scales and gills. This is done with truffle slices in modern French cookery, and the dish goes by another name.

754.

Another dish of fish in armor of green, necessary

for those to be posted in who would get up novel, if very old, dishes for banquets is:

Mix thick mayonnaise with a third as much aspic jelly and color it green with the juice from pounded spinach leaves. When so nearly set as not to run spread it evenly over a cold boiled fish raised on a bread or chopped celery foundation, and decorate with truffles, whole yolks of eggs, aspic jelly or sliced or quartered lemons.

For if the salad makers and their work had not some strange charm of mystery for the public why should the novelists make so much use of the man who can make a mayonnaise?

That man is nearly ubiquitous in English fiction—if we had time to follow him—not that mayonnaise is always as plainly mentioned as in the instance in our opening column, but it is implied when not named as one of the branches of occult knowledge that is to give that personage, who is oftenest a valet, a hold upon your imagination.

The man who can make a mayonnaise, whom every reader knows, is done up in the smallest parcel perhaps in *Felix Holt*:

"Oh! one of those wonderful Southern fellows that make one's life easy. He's of no country in particular. I don't know whether he's most of a Jew, a Greek, an Italian, or a Spaniard. He speaks five or six languages, one as well as another. He's cook, valet, major-domo, and secretary all in one; and what's more, he's an affectionate fellow—I can trust to his attachment. That's a sort of human specimen that doesn't grow here in England, I fancy. \* \* \* \* The old servants will have to put up with my man Dominic, who will show them how to cook and do everything else, in a way that will rather astonish them."

Here he crops out in Thackeray's *Virginians*:

"Gumbo had a hundred accomplishments. \* \* \* He was great at cooking many of his Virginian dishes, and learned many new culinary secrets from my Lord's French man."

Now we all know those secrets were how to make a mayonnaise or two, but the authors do not always know as much as their characters—how valuable must have been the salad-making knowledge possessed by Count Fosco, in the *Woman in White*—he an Italian, a Count, and with domestic proclivities—but which the author forgot to give to the world!

These men of extraordinary knowledge have to do other things than make strange dishes for the French reader. The same sort of valet or major-domo, in Dumas' *Queen's Necklace*, alone knows where there is but just one bottle of a priceless wine left in the cellar of a distant chateau, and manages to steal it in time for a royal guest in so many hours and minutes by the clock. With all his acquaintance with various dishes the author of

the *Virginians* missed it badly when in going over all he could think of that the Colonists had to eat he quite forgot chicken salad. Let us see :

"You know what I mean—shad and salmon and rockfish and roedeer and hogs and buffalos and bisons. \* \* Countless quantities of shad and salmon, wild geese, wild swans, pigeons and plovers, and myraids of canvas-backed ducks. \*

\* The gumbo was perfection, the shad were rich and fresh—stewed terrapins—sweets and flans—Mr. Justice, you love woodcock pie? \* \* And now the sweets and pudding are come, of which I can give you a list if you like; but what young lady cares for the puddings of to-day, much more for those which were eaten a hundred years ago?"

It is of no use looking. There are some grand *Virginian* feasts but *Hamlet* is left out. There is cold roast turkey, but no *Virginian* chicken or turkey salad.

It is pretty certain if *Madam Esmond*, who had "such a hand for light pastry," made chicken salad in *Virginia* a hundred years ago, the chicken was first cut in bits about an inch long, and then pulled apart in shreds, for that is the way *American* housewives of to-day say it should be done; but then that lady had plenty of help. There is no slower operation than pulling chicken meat into fine shreds, and hotel cooks can't.

### 755.

Fowls to be cooked should always be sorted, and generally be boiled separately—the old and the young—for while some will be done in less than an hour others take 4 or 5 hours. To find when they are tender lift from the boiling liquor with a fork and pinch the flesh of the drumstick. To know when they are young, before cooking, try the point of the breast bone. When fowls have done growing the entire breast bone hardens, before that it can be bent. A more reliable test is, try if you can push your thumb through the thin skin that stretches between the joint of the wings. It is quite essential to make the matter of age sure before boiling a boned fowl done up in cloth.

### 756. Chicken Salad.

Boil 3 or 4 fowls in the stock boiler and when done tender set them away to get cold.

1. Cut all the meat of the fowls into strips, and then across, making dice shapes, and as small as time will allow, but don't chop it.

Cut 6 or 8 heads of celery the same way.

Prepare either the mayonnaise or the salad dressing made with cooked yolks.

Mix with both the chicken and the celery, but separately, a little oil, vinegar, pepper and salt—just enough to moisten and make them look juicy—

then press the chicken into an oval mould such as a melon mould or common jelly mould or a deep dish. The oil, etc., will cause it to preserve a good shape. Turn it out on to a flat meat dish. Spread the thick mayonnaise all over and smooth it with a knife, and place the seasoned celery around with a spoon. Decorate the salad with whatever may be convenient, not always alike. A rose cut out of a beet, or a row of them, with parsley or other green, natural flowers, capers, sliced hard-boiled eggs and so forth, or chopped red cabbage sparingly sprinkled over, or cut lemons.

Individual dishes just the same as above, but shaped in individual moulds, or in egg cups can have a cherry scooped out of a cooked beet on top, or a green pickle—ways that are short and speedy, and olives either plain or stoned and stuffed come in good place.

2. It is not essential to have a salad dressing for the above, but does well enough to add more oil and vinegar to the chicken and mince the celery fine. Celery so minced and mixed with oil and vinegar has a buttery appearance and will keep shape when moulded, as it may be to form a border. Garnish with sliced or quartered eggs beside.

3. Cut the chicken small. Prepare one-third as much celery and a similar quantity of green lettuce. Mix all and pour over a thin mayonnaise or other dressing in a bowl. Combine thoroughly, and dish up spoonfuls piled a little in flat dishes.

Border of small lettuce leaves, shred lettuce or minced yolks of eggs. This should not be pasty, as thick dressing would make it.

### 757.

Veal salad may be made like chicken. It is best to call it veal salad and make it as good as chicken if possible.

### 758. Turkey Salad.

The same as chicken salad. In cutting up the meat it is best to leave out the thick fat skin. With chickens it makes no difference.

### 759. Mayonnaise of Chicken.

Bone 4 young but plump chickens. There need be no difficulty in this. First cut down the back and then cut close to the bones. It makes no difference if you do cut through the skin once in a while. Carve through the hip joints, inside, and take the leg bones out after those of the carcass. Wash the chickens in cold water, dry them, lay out on a table and dredge plentifully with pepper and salt. Then lay two together, the white meat of one on the dark meat of the other, double or roll them up loosely, tie round with twine and boil them in the stock boiler an hour.



When done take off the twine and lay the chickens out flat on two large platters, place other platters on top, set in a cold place and a weight on to press them to about an inch in thickness.

When quite cold cut the edges of the pressed fowls square and divide them in shapes all of one size. Oblongs and parallelograms are most in style, and they laid not straight in the dish but slantwise, leaving the ends of the dish for the garnish. Prepare some mayonaise of savory jelly by mixing thick mayonaise with a third as much aspic jelly and when about to set pour a coating over each piece of the chicken placed on large dishes for the purpose.

Prepare the small dishes—25 or 30 of them—with a bed sometimes of chopped green salad material or white celery, at others with finely minced eggs.

Mince also a spoonful of pickled blood beets, the same of green pickles and mix them with a like quantity of minced yolk of eggs, but only the minute before using, less the beets color them all.

When the dressing on the chicken is perfectly cold and set take each piece on a fork in the end and lightly dip the upper side in the minced beets etc., on a plate, and place it on its dish. At each end place a slice of lemon.

Jelly mixed with cream sauce in proportion to make it set can be used in place of the mayonaise.

Chickens cut up in joints, after boiling and cooling, and the pieces smoothly trimmed, can be dressed as above and for a large dish may be piled around a center of lettuce salad.

## 760. Fillets of Fowl in Aspic.

This way of getting the fillets ready, if not quite the best, is easier for everybody to practice than taking them off raw and braising with wine and seasonings.

Cut the breasts from 4 boiled fowls while hot, taking them off with a pointed knife close to the bone, with care not to tear or let the under fillet separate from the large one.

Dip these whole fillets in the stock they were boiled in, dredge with salt and white pepper and then press them between two dishes with a weight on top. When quite cold trim the fillets into pear shape, then with a sharp knife divide them in slices the flat way. Lay the slices in dishes and cover with clear amber jelly. When that is set cut out the fillets and jelly with a tin cutter bent to the shape. Either lay them on little dishes prepared with a bed of chopped jelly of another color, or border them with piping of chopped jelly forced through a funnel or cornet made of writing paper, and lay a slice of lemon on top.

The fact is if the most splendid feasts of fiction

have been left incomplete and spoiled for the want of salads, it is because salads are un-English and the authors are rather unfortunate than to blame. There is a remark in *A History of Our Own Times* to the effect that England is governed by phrases, and no phrase more powerful than to say a thing is un-English. And it has to be remembered King Richard fought Saladin in Palestine as King James fought tobacco in England, and his countrymen and their descendants have been languidly putting down salad in various ways ever since. Among all the incomplete banquets of English novelists, the man who can make a mayonaise was never so badly needed as at one in the beginning of *The Cloister and the Hearth*. The feast is, alas, a column long and though quite a curiosity to culinarians is too long to copy. It is Aladdin's cavern garden, with fruit of gold and silver—the Land of Cockaigne with roast pig crying, “eat me!”—the wine flowing valley of Rasselas—a Vitellius banquet—a feast of Penelope's suitors—and a Lallah Rookh's attendance all joined in one Flemish prince's festivity. Fifteen many-colored soups and as many wines. Fish in a dozen forms. Patties of lobster and almonds mixed, and of almonds and cream and an immense variety of “brouete,” “known to us as rissoles.” A whole hog with hair and eyes too naturally imitated with burnt sugar, an ox stuffed full of all sorts of small animals and roasted whole. Twenty different tarts of fruits and herbs. Confectionery on a gigantic scale. Hippocras and Greek and Corsican wines. But no salads! And would not twenty different kinds of salads, jardiniere, Italienne, a la Russe, and aspics have shone gorgeously amidst all that splendor? It might be contended that Flanders was not a salad-making country, but Webster's dictionary says that the word slaw is nothing but Flemish sla, and that is only their way of pronouncing French salade; and that kohl is the German for cabbage and we call kohl cold, so that cold slaw is in reality cabbage salade, that is to say is kohl salad or

## 761.

COLD SLAW.

As served with raw oysters and sometimes with roast turkey or wild fowls instead of water cress, cold slaw is simply tender white cabbage shred as fine as it is possible to shred it. Served in place of salad at dinner it has only vinegar poured over it.

## 762. German Cold Slaw.

2 pints of chopped white cabbage.

1 pint of chopped apples.

1 pint of cider vinegar.

1 tablespoonful of white sugar.

Salt, pepper, and some capers for garnish.

Chop the cabbage and the apples separately, then mix them and the seasoning.

Serve large spoonfuls neatly rounded in individual flat dishes, with capers strewn over the top.



**763. Cabbage Salad.**

Chop white cabbage, season with salt and vinegar, make in smooth shape in a flat dish and pour dress ing over (see celery salad.)

Strew chopped beets on top.

The Italian and French cooks don't take kindly to slaw either cold or hot—seem not to understand it, or they think it barbarous and uncouth—and many of them will never make it of their own free will and volition. Perhaps they would like it better if they only knew that slaw has come down in direct descent from their own *salade* and *sallet*. And they ought to perceive that hot slaw is essentially nothing else but shred cabbage blanched in thin hot hollandaise sauce, which they are used to.

**764. Hot Slaw.**

3 quarts of finely shred cabbage.

1 pint of vinegar.

$\frac{1}{2}$  pint of water.

8 or 10 raw yolks of eggs.

1 pod of red pepper, minced.

8 ounces of butter.

1 tablespoonful of salt.

Put the cabbage in a bright sink of the steam chest, or, otherwise, in a bright saucepan placed in another of boiling water. Beat the yolks in the vinegar and water till well mixed then add them and the butter and salt and pepper to the cabbage. Stir and turn over the cabbage frequently till the sauce thickens and becomes like cream. It ought not to boil more than a minute.

The foregoing dish stands alone. It is a class by itself. It cannot go under the head of salads but must take a place among the vegetables. But it is a general favorite. There is a popular usage of calling all cooked green vegetables salads as well as garden sauce; and there is foreign authority, though not very "hefty," for styling all hot vegetables that have a vinegar dressing, like our stewed beets with sour butter sauce, *en salade*.

But these are not dictionary definitions. The line must be drawn somewhere. All salads are cold.

Here is a place where greens are called salad. It is from *Beverley's History of Virginia*, and quoted by Thoreau:

"The Jamestown weed or thorn-apple, being an early plant, was gathered very young for a boiled salad, by some of the soldiers sent to Virginia to quell the rebellion of Bacon; and some of them ate plentifully of it, the effect of which was a very pleasant comedy, for they turned natural fools upon it; for several days: one would blow up a feather in the air; and another would dart straws at it with much fury; and another was sitting up in a corner like a monkey, grinning and making mouths at them; a

fourth would fondly kiss and paw his companions, and sneer in their faces, with a countenance more antic than any Dutch droll. A thousand such simple tricks they played, and after eleven days returned to themselves again, not remembering anything that had passed."

It was right, of course, for them to boil greens when they went to quell bacon, gammon and spinach always go together; but ought not the properties of "Jimson weed" be thoroughly inquired into? People in hotels often act with extreme foolishness, but landlords never think of investigating whether there wasn't some "Jimson" in the greens boiled for dinner.

The proper definitions divide salads in two classes, the artificial, elaborate, compounded and peculiar like those just passed along, and the spontaneous, natural and universal, the dinner of herbs and peace, like these remaining. These salads come in favor about the time the people who can are packing their trunks and discussing the merits and demerits of the different summer resorts.

"O, what is so rare as a day in June?"

—*Sir Launfal*.

"When daisies pied, and violets blue,  
And lady-smacks all silver-white,  
And cuckoo-buds of yellow hue  
Do paint the meadows with delight."

—*Love's Labours Lost*.

"Very, very soft and merry  
Is the natural song of earth."

—*Barry Cornwall*.

"But where is the man that can live without dining?"

—*Owen Meredith*.

"Or cloy the hungry edge of appetite  
By bare imagination of a feast"

—*King Richard II*.

**765. Lettuce Salad.**

1. Keep the lettuces, after washing and trimming, in ice water till near dinner time. Shake the water from them and give them time to drain upside down. Dish the tender heart leaves only in shallow bowls, and sliced hard-boiled eggs on top.

The lettuce though cold and fresh should be dry, except for pieces of ice strewn over in warm weather. These bowls are to be set on the dinner tables.

The freshest eggs may look bad when turned blue by too long boiling, but it is not certain that even long boiling will so discolor them if they be plunged immediately in the coldest water. Between the cooks, the pantrymen, the head waiter and the second steward it happens that the eggs on lettuce nearly always come out blue.

Boil eggs six minutes; pour off the hot water immediately and fill up with cold.



2. Cut lettuce in shreds like cold slaw, with a sharp knife, on a board kept for the purpose. Have some chopped eggs ready on a plate and a cupful of vinegar seasoned with pepper and salt in a pitcher.

Dish up only as called for, some lettuce in a deep dish, the vinegar poured over, and eggs dredged on top.

3. Cut the lettuce first in shreds and then across, quite small. It will not do to chop it in a bowl as that blackens it.

Have a thin salad dressing in a pitcher separate, and a plate of the smallest heart leaves of lettuce at hand. Dish up as called for, the lettuce in the dish, dressing poured all over it and two or three leaves set in for garnish.

One of the things that helps to lower the estimation people have of hotel tables is the way they have in some houses, where they take an interest in nothing but calm stagnation, of making lettuce salads hours before they are wanted and dishing them black-looking, wilted and warm.

It ruins lettuce to let it lie in vinegar long.

### 766. Lettuce Sweet Salad.

6 or 8 heads of lettuce.

12 small spring onions.

1 cup of vinegar.

$\frac{1}{2}$  cup of sugar.

2 sprigs of garden mint.

Cut the lettuce small; slice in the white part of the onions with very little of the green; chop the mint. Mix all. Serve cold.

Some people say lettuce should never be washed as water spoils it, but be gathered fresh from the garden and broken into the salad bowl. That will do for the lady of a house, but will never do for hotel work. Here is a story some centuries old of a giant, that will tell why:

"The story requireth that we relate what happened unto six pilgrims, who came from Sebastian near to Nantes; and who for shelter that night, being afraid of the enemy, had hid themselves in the garden upon the chicheling pease, among the cabbages and lettuces. Gargantua, finding himself somewhat dry, asked whether they could get any lettuce to make him a sallad; and hearing that there were the greatest and fairest in the country (for they were as great as plum trees) he would go thither himself, and brought thence in his hand what he thought good, and withal carried away the six pilgrims, who were in so great fear, they did not dare to speak nor cough.

"Wah-ing them, therefore, first at the fountain, the pilgrims said one to another softly, 'What shall we do? we are almost drowned here amongst these lettuces, shall we speak? but if we speak he will

kill us for spies?' As they were thus deliberating what to do, Gargantua put them with the lettuce into a platter of the house as large as the huge tun of the Cisterrians, which done, with oil, vinegar and salt, he eat them up, to refresh himself a little before supper, and had already swallowed up five of the pilgrims, the sixth being in the platter, totally hid under the lettuce, except his staff that appeared, and nothing else; which Grangousier seeing, said to Gargantua, 'I think that is the horn of a shell snail, do not eat it.' 'Why not?' said Gargantua; 'they are good all this month,' which he no sooner said but drawing up the staff, and therewith taking up the pilgrim, he eat him very well, then drank a terrible draught of excellent white-wine, and expected supper to be brought up."

Nowadays we call those pilgrims *insects*. Moral: wash your lettuce well and look between the leaves; likewise your curled endive, or chicory.

### 767. Lettuce Salad with Oil.

A six quart bowl of shred lettuce.

12 hard-boiled eggs.

1 pint of vinegar.

1 tablespoonful of sugar.

$\frac{1}{2}$  pint of olive oil.

Pepper and salt.

Chop the yolks and whites of the eggs separately, and mix the whites with the lettuce. Pour the oil over and stir up. Dissolve the sugar in the vinegar, with the salt and pepper, and add them to the lettuce and toss over with a fork till well mixed. Strew the chopped yolks on top.

### 768. Endive Salads.

In all respects the same as lettuce. It is oftenest used with lettuce, being more ornamental to "top off" with.

### 769. To Curl Celery.

It is only necessary to slit the tops evenly with a penknife and set the celery in glasses of ice-water.

Leave enough of the green tops on for ornament. Take two turns of twine round the upper part of the stalks for a guide-mark. The tops when slit curl outwards just as far down as the cuts extend and these should be of uniform length.

"I am a great foe to dinners, and indeed to all meals. I think when the good time comes we shall give up eating in public, except perhaps fruit on a green bank with music."

—*Consuelo-Theodora*.—*Lothair*.

"I know a bank where the wild thyme blows."

—*Ariel*.

"I bring  
A scrip with herbs and fruits supplied,  
And water from the spring."  
— *Vicar of Wakefield.*

## 770. Water-Cress.

Universally a favorite in great Britain, but American cultivators complain that there is not sufficient demand for it to justify them for their trouble. It grows in running water, and is indigenous in many of our mountain streams. It is used to serve with roast fowls instead of a sauce, for garnishing, and, eaten with salt only, as a relish at tea or supper. It should be carefully picked over and trimmed of about half the stems that are generally brought to market.

## 771. Radishes.

Better for breakfast than for dinner, and may be cut up to mix with early garden-cress in lettuce salad.

## 772. Cucumbers.

1. Serve them most of the time plain sliced with only pounded ice strewn over.
2. Make a salad by mixing with the thin sliced cucumbers a few slices of onions and pouring over vinegar to cover, with pepper and salt.
3. Make a cucumber salad by pouring a salad dressing over the cucumbers, and use sliced tomatoes to garnish the dishes.

Let him carry home his leeks and shake his flanks over his wool-beating; he'll mend matters more that way. The taxes that harm him most are his heavy carcass and his idleness.

— *Romola.*

## 773. Onions.

Sliced onions in vinegar are as much in demand as anything else in some places, however little the green bunches may be patronized on the hotel table. There is a great difference between the large white Spanish onion which is mild and innocent, and the strong red-skinned sorts. All of them may be improved by steeping the slices in ice-water and then drying between two clean towels before putting in vinegar or mixing with sliced tomatoes or cucumbers.

## 774. Beets.

Are most acceptable sliced in vinegar and served cold. Cooked of course till tender, though we find French directions for putting beets in jars of

vinegar with carraway and coriander seeds, without saying whether cooked or raw. Beets are used in Poland, Hungary and thereabouts, fermented and in many other ways that would seem very outlandish and perhaps disgusting to Americans.

## 775. Tomatoes.

1. Serve them oftener plain sliced in shallow bowls on the table either for breakfast or dinner, with only broken ice laid on them.
2. Make a tomato salad by mixing in a small proportion of sliced cucumbers and onions and pouring over them vinegar, pepper and salt. Garnish with leaves of heart lettuce.
3. Slice tomatoes in individual deep dishes and pour a salad dressing over.
4. Tomatoes are liked by many people with a dressing of sugar and vinegar, like the lettuce sweet salad.

For there is a natural craving for something herbaceous, green, and sour, and if debarred from regular salads, from vinegar and sugar, people seek such substitutes as nature furnishes.

"Bread itself was a delicacy seldom thought of, because hard to be obtained, and milk, butter and poultry were out of the question in this Scythian camp. \* \* \* \* —the meal which she had so sedulously arranged, and to which she now added a few bunches of cranberries, gathered in an adjacent morass."

— *Waverley.*

"While Joe was gone back in the canoe for the frying-pan, which had been left, we picked a couple of quarts of tree-cranberries for sauce. This sauce was very grateful to us who had been confined to hard bread, pork and moose-meat.

— *The Maine Woods.*

"I may mention that rhubarb was cut in thin slices and eaten with salt, quite raw. Melon seeds, salted, were also very plentiful."

— *Travels in Persia.*

"American college girls are much addicted to eating unripe apples with salt."

— *Medical Journal.*

But now we have enough of salads. This is what too much salad brings a man to:

"At last they found—his foragers for charms—  
A little glassy-headed, hairless man,  
Who lived alone in a great wild on grass;  
Read but one book, and ever reading, grew  
So grated down and filed away with thought,  
So lean his eyes were monstrous; while the skin  
Clung but to crate and basket, ribs and spine.  
\* \* \* \* that old man

Went back to his old wild and lived on grass,  
And vanished, and his book came down to me."

— *Merlin and Vivien.*



### 776. Mock Mayonaise.

A cook who knows nothing but the best may fare badly sometimes if he go to a restaurant where he is expected to make the following and is unable to meet the requirement:

Make the cooked paste precisely as if for cream puff (No. 296) using butter. Perhaps half of that receipt will suffice. Work in eggs the same way. When it is nearly soft enough begin and add a little oil and a little vinegar, then another whole egg, a little mustard, more oil and vinegar, and so on until it is like mayonaise. A large quantity can be made with but little expense for olive oil in that way. This mock sauce is used to spread over the top of a chicken or lobster salad in many restaurants that are called first class.

The custom is growing in favor everywhere and is particularly prevalent now in San Francisco of setting a midday lunch instead of dinner and having the dinner at 5 or 6 o'clock in the evening.

This lunch makes a demand for good work in cold dishes of all kinds, and gives encouragement for its display that is never experienced under the plan of three hot meals a day. The various articles considered in this category of salads and cold dishes have everyone of them a use for the midday cold meal, they can be set out to the utmost advantage, and become as important a part of the steward's and cook's resources as the entrees, roasts and game for a hot dinner.

### 777. Galantines.

A galantine, strictly, is any kind of meat with the bones taken out, but that is not the common understanding; and it is not strictly obliged to be a cold dish—that is according to dictionary definitions of the word—but yet the general understanding is that it should be. In one of the royal menus recently passed in review through this column there is a dish of galantines of quail with truffles among the entrees, and, although one has no means of reaching a certainty on such a point, it is quite as likely it was a hot dish of bonelss quails as a cold one. The boned legs of fowls stuffed with a forcemeat are termed galantines by one of our authorities, cold, however.

Whatever may have been the meaning a hundred years ago it would look very ridiculous now to call a rolled up fillet of veal or a boned ribs of beef rolled up, a galantine, or a boned boar's head a galantine. The term is applied only to fowls of all kinds and birds.

Another unwritten distinction I find is made by cooks—and I have met with a good many of all sizes, and who never knew the drift of my cross-questioning, and that is to call a boned fowl a boned

fowl, and only call it a galantine when it is ornamented. This is as it should be, for the word galantine is from the same root as the French *gallantin*, gallant, "a beau," "something pleasant to look upon," "a nobby fellow," as it is variously defined.

Many good things on the bill of fare are partly thrown away for want of a popular understanding of the names, hence we think the space devoted to this question is not wasted, and now will try to observe the distinction between plain boned turkey and turkey galantine.

"Four-year-old mutton modestly disclaiming its own merits by affecting the shape and assuming the adjuncts of venison"

—Eugene Aram.

"Does he say he is a *cuisinier*? because if he does he's a *quizzin'-yer*," says Mr. Weg."

—Pendennis.

Doubtless there is some sort of responsibility attached to this privilege of wide spread publicity through the columns of a daily newspaper. It is not quite the same as depositing matters snugly between book covers, never to be opened, never to be seen, and no harm done. Perhaps it is my duty to bring the little power much multiplied to the rescue of the noble bird of Thanksgiving, the American turkey, from the prevailing misusage which makes it under the name of boned turkey to serve but as a distended lion's hide to cover the recreant meat of a calf, and this without intent of palming off a sham, but simply because of wrong teaching.

Some two or three years ago it lay in my way to remark in these columns that a boned fowl should be stuffed with another boned fowl, and I have since been told that some old parties were as much astonished thereat as were certain other old parties when Oliver Twist asked for more. Still the world moves.

As for the consumer's part no words are needed to show him that when he asks for a plate of boned turkey he should not receive for it a mess of hashed veal in a thin-stretched turkey's skin.

As for the landlord or employer, who is most likely to be looked upon as responsible for the perpetration of a species of fraud too small even to kick about, he knows nothing whatever about it, and may even have wondered that his own plate of boned turkey should seem so far from turkey and so near Bologna sausage. The fault is with the regular cooks, and primarily with the European teachers of cookery from whom all our *à la's* are derived. Were this a trick of the trade (but indeed there are very few tricks in our trade) of advantage economically or otherwise, silence might be golden in respect to it, but while our prolific Southern and Western States turn off poultry cheaper during a

large portion of the year than veal, it must be matter of surprise that but few of our people know what genuine boned turkey is, for the reason that the cooks will push the poultry aside and take trouble to use veal instead at a cost about a third higher. This is Old-World routine. The cook does as he learned of an older cook and the older refers to the books which direct to stuff boned turkeys, and indeed almost everything of the kind with minced veal. Probably those teachers had good reasons of expediency. Turkey may have been an expensive luxury and had to be eked out. Possibly they made genuine boned turkey for kings and such, and thought veal good enough for people. At any rate they had white veal that might pass for chicken. In any European city may be seen, or might have been before Mr. Bergh's time, butchers' carts packed with dying calves lying on their backs, their heads hanging over the edge, their throats half cut, dripping blood over the cobble stones, making white veal. Our butchers are less brutal and our veal is less white. Some of our butchers are so tender-hearted they will seldom kill a calf at all till his horns are well grown in the second year of his age, and do what you will that sort of veal always refuses to look like chicken. We have to change our ways with the changed times. Our people are all able and willing to pay for boned turkey and they want it, and not beef sausage.

We will have another way of stuffing a boned turkey besides the annexed, but this, to use the words of a delighted club member, just recently, 'takes the cheese'—whatever that may mean. The gentleman is a Britisher having millions in mines, (can't get 'em out), but, thanks to the error of French cookery he had never stuck his fork before into so unmistakably genuine a galantine as this.

### 778. Boned Turkey.

2 turkeys.

1 corned tongue, already cooked.

1 pound of dry salt pork.

8 hard-boiled eggs.

1 cupful of aspic jelly.

Seasonings.

Take a large and a small turkey unopened, singe and wash and then bone them, cutting first down the whole length of the back. When boned lay them skin downwards on the table and season with pepper and salt, or with spiced salt. Cut the cooked red tongue and the fat unsmoked bacon into strips pencil size and lay them alternating on the turkey meat, lengthwise of the fowl, cutting gashes in the thickest parts to receive them evenly. Cut the yolks of the eggs in quarters and dispose them evenly among the strips, then chop the jelly and strew it over.

You are now able to supply to the hotel patrons that long felt want, a turkey all breast.

Roll, or rather double up carefully the smaller turkey and place it inside the other, remembering to turn it so that there will be found when the galantine is cut a breast at each end. Bring the two edges of the outside turkey together and sew it up with cotton twine and a large needle. Butter a cloth and roll the galantine up in it tightly and with a good many wraps, and either tie or sew it securely. Boil in soup stock with the turkey bones added.

### 779. Boning a Turkey.

Some wonders never do cease. The same conjurer's trick of the speaking head which Cervantes says so deeply impressed poor Don Quixote still astonishes and mystifies some portion of the public at the wizard's show, and our wicked bu'chers still find some customers can be set strangely pondering when they are told that hotel cooks can take all the bones out of a turkey without ever cutting the skin, as if it were a feat like drawing a large iron ring through the neck of a vial. There was no difficulty in making the egg stand on end when Columbus had damaged the shell a little, and you can get at the inwardness of a turkey quite easily after laying the skin of the back open. Cut close to the bone with a sharp-pointed knife till the hip joints and wing joints are reached and cut partially around, then with the heavy handle end of a carving knife chop through those joints, and going a little further, loosening all along, the whole backbone portion can presently be pulled out forcibly, leaving the limbs and breast to be boned separately. The wings and drumsticks have only to be boned part way, as the meat is tucked into the body; the rest may be chopped off. While of course neat work is better than slovenly it does not quite spoil the job if the skin does get an unkind cut sometimes; the very top of the breast bone is the place requiring the most care; better cut into the bone a little than risk a perforation where it will show so plainly on the galantine.

As the turkey is to be pressed in the cloth after cooking there should be no bulging ends or seams in the way to leave their mark.

### 780.

#### Boiling and Pressing the Galantine.

The largest and plumpest turkeys are naturally chosen for boning, especially by those who think boning difficult, but such turkeys are nearly always old and disappointment will be the result if they have not time enough allowed for boiling. Five hours is little enough for a large turkey stuffed as above, though two hours will be enough for a young one.



They have a nice letter press in the office and there is a clothes press in the housekeeper's room and another in the laundry, and a cider press in the milk house, that is only used once a year, but I don't think you have in the kitchen a press at all for galantines or pressed beef or pigs' heads or head cheese, a press with assorted moulds and shapes and a metal tray to catch the overflow.

Let the boned turkey when done remain in the liquor it was boiled in till cool enough to be handled, then place it between two large platters with a fifty pound stone or sack of flour on the top.

But if it is to be incased in jelly and decorated press it into a deep mould or pan of some sort.

The long and narrow sinks of the steam chest, with their flaring sides, are suitable and make a handsome galantine, but common pans may answer if you have not special moulds. It is only the poor workman that finds fault with his tools. Many of the pretty but useless articles of the French menu may be as well dispensed with but boned turkey is (to be) an American national dish, more than the hunting beef or spiced round to the Old English squire, or than the boar's head to the Saxon thane or Norman earl; substantial, always welcome and when good highly appreciated, and therefore worthy of effort.

### 781.

#### Boned Turkey in Aspic Jelly.

Warm the mould or shape and take out the pressed turkey. Remove the cloth, draw out the thread, wipe off all adhering jelly and fat with a towel dipped in hot water and shave off any discolored or ragged portions. With a vegetable cutter stamp out half a dozen small shapes from a thick sliced green pickle and place them on the bottom of the same mould, well washed and dried, that the turkey was pressed in, and place the turkey resting on them. This leaves a space under and around for a coating of aspic jelly to be poured in, and when quite cold and set the boned turkey can be turned out again on to its dish, thinly but evenly encased in clear jelly, which may be sliced and served with it.

### 782.

To be used only to slice as cold meat the turkey need only have two or three coats of fresh butter melted and applied with a brush, the turkey being very cold. Ornaments of jelly, or of chopped jelly forced through a tube can still be added if desired in the individual dishes.

Your boned turkey, whether incased in jelly or not, will have a handsomer appearance to the consumers inside than outside, and when sent to table whole should always on some excuse or other be cut

first, the halves or even the quarters of a turkey that is about all white meat can be edged and finished with decorations to look as well and infinitely more appetising than any over-done "bellevue" that is ever exhibited.

We have spoken of the trifling divergence of common usage from the strict definition of galantine, and have now to notice the same in regard to the description *a la bellevue* or *en bellevue*. It is ordinarily understood by cooks and bill of fare writers to mean that the article is incased in jelly and ornamented. But it is applied by old authorities to several other sorts of decoration besides aspic jelly, even to hot dishes. The word means literally a pretty sight. The modern usage is to drop *bellevue* altogether and just say the galantine is decorated (*decoree*).

When well done a something en bellevue is unquestionably a very handsome object; the complaint is that a party may go to a ball supper and go away from it hungry for all the good a turkey done that way will do in the way of something to eat. It looks too pretty to cut—the jelly casing, not the turkey, which indeed is not even seen—and besides is not suggestive of anything to eat at all. These things might better be made of cabinet work transparent glue and varnish and save the cook his wasted pains.

### 783.

#### Pyramid of Boned Fowls, Decorated.

Get the tinner to make three galantine moulds of different sizes flaring or tapering so that piled on each other upside down they will form a pyramid. The largest may hold six quarts, the next four, the smallest two quarts.

The long and narrow shape almost like a brick, with the edges sharp looks as well as any, though they may be six or eight-sided if preferred. Prepare three boned and pressed fowls to correspond with the moulds, leaving plenty of room for the jelly.

Prepare six quarts of aspic jelly clarified a second time and very firm.

Prepare a large sheet of yellow custard made of sixteen yolks of eggs mixed with over half a cupful of clear broth and steamed in a six-quart milk pan set over a boiler—the pan to be buttered before the custard is poured in, but very slightly.

Also prepare a similar sheet of white custard made of the whites of the eggs in the same way.

These custards when cold are to be loosened round the edges and shaken out onto a slab, to be stamped out in fancy shapes, spear heads, leaves, stars, crescents, etc.

To mix with these there may be also fancy shapes cut from slices of raw beets, carrots and turnips, or some kinds of pickles, such as mangoes and large peppers, all well freed from moisture. The patterns have to be graded in size to correspond with the different sized moulds

Set each mould in a pan of broken ice, water and salt. Pour in some melted jelly and on the jelly as it coats the sides construct the pattern desired, and when well set pour over another coat of jelly to secure it in its place. Finish perfectly even with the tops of the moulds with a bold pattern of spades or spear heads in close order, cut from some firm material, to add strength to the foundation edge.

When the decoration is completed and well set place the boned fowls inside and fill the moulds around them with clear jelly so nearly cold as not to endanger melting the patterns from the sides.

Observe that the boned fowls must be cut deep enough to rest on the bottom of the mould and reach quite even with the top, as the jelly will not bear any pressure and the blocks of meat must rest upon each other when built up.

After building up these decorated galantines on a dish on a raised stand (*sur socle*) ornament with blocks and mouldings of aspic jelly, and, perhaps, if they be not regarded out of fashion, with ornamental silver skewers passed through wreaths of wax flowers.

"It is osmazome which constitutes the real merit of good soups, gives meat its reddish tinge, forms the crisp brown on roasts, and which yields a flavor to venison and game. This explains, by the way, why your real connoisseur has always, in poultry, preferred the inner thigh; his taste had instinctively anticipated science."

—*Gastronomie.*

"Our Prior loves exceedingly the white of a capon." "In that," said Gymnast, "he doth not resemble the foxes; for of the capons, hens, and pullets which they carry away they never eat the white. The leg of the leveret is good for those that have the gout."

—*French Classic.*

## 785.

### Galantine Stuffing—Another Way.

There is, to say the least, nothing better or more satisfactory of its kind than this. For one medium turkey—enough sliced for 25 plates—make 3 pounds of forcemeat of another turkey or of chicken as follows:

2 full-grown fowls boiled tender.  
6 ounces of fat salt pork.  
6 ounces of butter.  
6 ounces of white bread crumbs.  
2 raw eggs.  
8 hard-boiled eggs.  
 $\frac{1}{2}$  pint of broth or stock.  
1 lemon.  
Salt and pepper.

Take the dark meat of the fowls, cut it in very small dice and keep it separate. Take off the white meat, chop fine and then pound it to a sort of paste. Throw in the fat pork minced, the teaspoonful of pepper and salt and the bread crumbs and mix together, and soften the butter and stir in. Mix the two raw eggs with the cup of broth and add the juice of the lemon, and with this mixture moisten the forcemeat. It is now ready for use.

Lay the boned turkey out flat and partly slice some of the meat from the thick parts and lap them over the thin, that the galantine may make even-appearing slices and not seem in some parts all stuffing. Season with a teaspoonful of aromatic or spiced salt, if you keep that preparation on hand, otherwise dredge with pepper and salt; then strew over the turkey about half the dark meat mince, and over that spread half the white forcemeat. Take the yolks of the hard-boiled eggs, cut them in quarters and scatter some over the forcemeat, then the rest of the minced dark meat, then the remaining forcemeat and egg yolks.

Bring up the two edges of the boned turkey over this stuffing and sew it securely. Then wrap, boil 3 hours, and press it as already detailed for galantines.

If you use truffles or fresh grown mushrooms (not canned) they come in place in the white chicken forcemeat above instead of the egg yolks. The whites of the eggs look very well in all these galantines and may sometimes be added for variation.

## 786. Sliced Galantine in Aspic.

Coat the sides of any sort of handsome mould—a fluted cake mould or jelly mould is as good as any—with clear jelly, according to the extended directions for a pyramid already given; line it with handsome slices of turkey or chicken galantine, one slice slightly overlapping the other; in the center drop a piece of the galantine not sliced, or a boned bird, fill up with jelly, and when perfectly cold and set turn it out onto its dish and decorate for the table.

## 787.

### Boned Chicken.

GALANTINE DE POULARDE.

Make in the same ways as boned turkey.



"Her lovely name is Blanche. The veil of the maiden is white; the wreath of roses which she wears is white. I determined that my dinner should be as spotless as the snow, as white as her own tint—and confectioned with the most fragrant cream and almonds."

—*Mirobolant.*—*Pendennis.*

## 788. White Galantine.

CHICKEN A LA BELLEVUE.

Fill a boned turkey or chicken with white chicken forcemeat of the kind last directed for turkey. If wished to be thoroughly white substitute for the egg yolks and dark meat some of the whites of eggs minced, add a few blanched almonds and pistachio nuts, a pinch of ground mace, white pepper and the juice of another lemon. Do the galantine up in roundish or cushion shape, and press after boiling between two dishes.

To coat it over for ornament make three pints of white jelly, with thin cream and two ounces of gelatine, precisely like blanc-mange, but seasoned with salt and a handful of parsley scalded in it instead of sugar. The cream will curdle if allowed to quite boil with the gelatine in it. Strain the white jelly, stir it in a pan set in ice-water, and when it is just about to set pour it evenly over the galantine, which should be in the refrigerator and very cold.

While it is setting firm prepare a sheet of white of egg custard as directed for the pyramid of boned turkeys, and stamp out a number of leaf and flower shapes. Lift the galantine on to its dish and decorate the smooth white surface and also the edge of the dish. A cord of the white jelly chopped and forced through a lady finger tube may be placed as a border on the dish to carry a wreath of artificial leaves, etc.

## 789.

### Spiced Salt for Turkey and Chicken.

Take half an ounce each of the following—they can generally be bought ready ground, but if not, must be dried, pounded and sifted:

Nutmegs.

Mace.

Thyme.

Marjoram.

Basil—and one ounce each of

Cloves.

Pepper—and a quarter ounce of

Bay leaves—and mix them with

4 pounds of fine salt.

It is not recommended to persons making a galantine only occasionally to experiment with spice flavors, which after all may not be appreciated as well as the natural flavor of the fowl, yet where such cold dishes appear constantly and where everything is highly seasoned the spices become as

necessary to the cook as the common sausage seasonings to the butcher. The following is the French pork-butcher's compound:

## 790.

### Aromatic Salt for Boned Goose, Boar's Head, Etc.

Take half an ounce each of the following—all ground and sifted:

Sage.

Thyme.

Marjoram.

Mace.

Cloves.

Nutmegs.

Bay leaves—and a quarter ounce of

Rosemary—and one ounce of

White pepper—and mix with

4 pounds of fine salt.

The difference of the two mixtures is in the sage and rosemary. The latter is very aromatic with a taste like a mixture of sage and pine leaves. It seems to have been a great favorite and had many uses in olden times. "Nay, the boar hath rosemaries and bay."

"Then the ale, and the cider with rosemary in the bowl were incomparable potations."

—*Bulwer.*

"Weave me a garland of holly,

Rosemary, laurel and bays;

Gravity's nothing but folly

Till after the Christmas days."

—*Old Song.*

## 791. Galantine of Goose or Duck.

For the filling of one large goose take:

2 ducks or fowls boiled tender.

12 ounces of white bread crumbs.

1 small onion.

4 hard boiled eggs.

3 raw eggs.

$\frac{1}{2}$  cupful of melted goose fat.

1 cupful of meat jelly or aspic.

4 or 5 teaspoonfuls of the aromatic salt, or, pepper, salt and sage.

Strip the meat from the ducks or chickens when cold—there should be  $1\frac{1}{2}$  pounds of it—cut it in very small dice as if for salad, likewise the boiled eggs and onion and bread crumbs. Mix all, moisten with the raw eggs and goose fat or butter. Fill the boned goose, or two or three ducks with the forcemeat, strew the jelly over, and proceed as for turkey galantines. The jelly remains in the galantines and sets richly amongst the forcemeat.

The above is quite an ornamental mixture, sliced cold, and savory. Pork sausage with some bread

crumbs, strips of pork and red tongue makes another good filling.

It takes from 2 to 3 hours time to bone and prepare a galantine for the boiler, that is including the forcemeat or *godiveau* it is stuffed with, but it takes but little more time to prepare two or three than one when the operations are once under way.

"Soon after our walk over the farm, we sat down to a table, which was abundantly supplied. There was a superb joint of corned beef, a stewed goose, and a magnificent haunch of mutton, with vegetables of all kinds, and at each end of the table two huge jugs of excellent cider, of which I never tired drinking."

—*The Gastronomer in Connecticut.*

It is nothing, or next to nothing, to make a *salade a la Russe* or Muscovite or to put up a *galantine de perdreaux a la royale*. Suppose not many can, not many want them and it comes out even. But there are some things that all hotel and eating-house keepers must do or have done right that are quite difficult—getting the management of that heaviest item, the butcher meats, down to a fine point, for instance. The trying time of the man of the "back part of the house" does not come of the fine dishes, the uncommon things, the fresh delicacies which money will procure in the markets; the grand difficulty which so few can steadily face and overcome is made up of a lot of small ones too ridiculous almost to specify—the difficulty of getting the coffee made always alike and sent in always hot and yet not spoiled by boiling; of making somebody attend to their duty of keeping warm cups and plates; of getting cooks to make delicate fried mush and conscientious oatmeal porridge and clean-looking fresh fried potatoes.

We try to keep to a rule in these writings of not underrating or passing by as useless anything that we have not tried, sifted, proved, weighed and measured and arrived at the worth of, and in that way earn the right to repeat again and again, there are needed fifty thousand cooks (or call them what you will) who will take interest enough to make the common unconsidered trifles well, for every one that is wanted to make *pieces montées* and monstrosities in wax and tallow.

The sort of cooks to cultivate, who are always wanted and for whom a little more wages than the ordinary is no objection with hotel-keepers are those who will fry eggs clean, white and appetizing, not black and smoked at the edges; who can make batter-cakes as good without eggs as the common run can with half a dollar's worth mixed in; who can make common rolls so good they can not be surpassed and take pride enough to rise half an hour earlier to do so; cooks who will bake pies well

done on the bottom. And what profit is it to the hotel-keeper to have in the larder a *jambon a la gelee a la Francaise*, which the guests may or may not recognize and may or may not be afraid to call for, if the corned beef is put on to cook only an hour or two before dishing-up time, is tough and rejected for dinner, sliced, rejected and thrown away after supper?

These minor obstacles to a perfect table are never quite overcome, but when I hear a hotel uncommonly well spoken of in this respect I am certain that a large measure of success has been attained, and I wonder then if there is not some one in the back part of that house looking thin-faced and tired?

## 792. Corned Beef Brine.

6 gallons of water (about 3 pailfuls.)  
6 or 8 ounces of saltpetre—the large crystals kind.  
1 pint of molasses or sugar.  
10 pounds of salt.

Set the water on the range in a boiler with the saltpetre in it to dissolve first, because sometimes when the brine is so strong with salt as to be what is called a saturated solution the saltpetre cannot melt in it but remains inoperative at the bottom. Then put in the molasses and the salt, let come to a boil and skim it. Pour into a clean ten-gallon keg.

Two kegs of such brine are necessary to have for beef alone. It will keep good one or two months according to weather, but depending on how it is used. One is for dropping the course pieces of beef in from day to day as they are culled from the roasts and loins, the other is to change them over to when half corned and to use out of. But tongues and pork if pickled in the same kegs with the beef will spoil the brine very quickly. There ought to be other and smaller vessels of brine to receive them.

## 793.

Corned beef is an American "stand-by," a permanent favorite, and too much care can not be taken to have it good. People tire of fish, of poultry, game and ham, but not of roast beef nor corned beef, but whenever the hotel has to sell off its corned beef to get rid of it at a nominal price and buy the canned corned beef of the packing houses because it is better it is tolerably certain there is a screw loose, and somebody is remiss in their duty or lacking in skill and attention.

The packing house corned beef is good because it is made with good brine like that of the foregoing receipt, and because it is cooked almost to the softness of jelly. It is too soft however to be used hot. It generally has just the right pink color, neither too red like raw meat nor too colorless like boiled fresh beef, to make it look attractive on the table; this exact point can always be maintained by forethought



and regard to the temperature of the brine. Six ounces of saltpetre will make the beef as red if kept at summer heat as eight ounces or more in cold weather. It takes about a week to corn beef sufficiently to begin using it.

#### 794.

#### Preparing the Beef for Corning.

Nothing that is done for meat gives a better return for the time expended than attention to this point.

When you have sawn off the brisket ends of the rib roasts and taken off the skirt or flank from the long loins take out the bones—you need them in the stock-boiler—and roll up the boneless meat to about the size of a wrist in diameter and of any convenient lengths, and bind these rolls tightly with cotton twine. They are generally finely streaked with lean and fat and when corned right color will slice cold into the very handsomest dishes of cold meat that can be set on a table, and are equally good in their way for hot corned beef on cabbage.

If time allows it is best to shave the thick outer skin from such pieces of beef before rolling. Some lean and tough pieces such as come from the outside cut of the round, from the shoulder and neck can be cut in thick steaks, quite large, thin steaks of fat from some other part laid on and both rolled up together, these as well as fragmentary pieces are best used in the form of pressed corned beef. Throw the pieces when prepared into the brine, place a barrel head or board on top and a large stone to keep the beef under. Cover the keg with a cloth to keep flies out and keep in a cold place.

Hundreds and thousands of pounds of meat are spoiled in hotels and thrown away for want of decision in those who have to manage it, or, perhaps, for want of definite knowledge of what use each particular portion must be put to sooner or later. The choicest close-trimmed joints of meat that can be purchased have some portion that is tough and hardly eatable with the ordinary five-minutes cooking, but even the worst can be made tender if cooked long enough in some suitable way—hence the use of more ways than one in cookery, braising, stewing, potting, smothering, etc.

It is the expedient of ignorance and inefficiency to get the rough and tough off their hands by sending it to table as roast or steak, (we are speaking of good hotel tables, of course), it is gone, to be sure, but will mostly be wasted just the same and somebody dissatisfied will eat something else. It is useless to hang a poor piece of beef on a hook "for the present" hoping in some indistinct way that something will turn up so that you will want just such a piece of meat as that. The meat you hesitate about in warm weather is lost. It is the cook's business to know exactly what use every ounce can be put to.

The minute the meat comes from the butcher's, if possible, the portions that must be either salted or thrown away sooner or later should be taken off and put in the brine barrel, and if that can be kept in the ice house there need not be a pound lost even in the hottest season.

#### 795. Boiling Corned Beef.

Make it a rule of the day's work, which very soon will become a habit, to set on the salt meat boiler the first thing in the morning—say, at 6 o'clock—and put in the corned beef at once. Fresh meats with all their juices in them should be dropped into boiling water, which immediately cooking the outside prevents them from oozing out into the water, but it is different with salt meats; they have had their moisture withdrawn by the brine and are comparatively dry and should be dropped into cold water in the boiler. It is supposed the salt in them draws in the water till it reaches cooking heat and closes the outside. Corned beef treated so cuts moist and full of juices.

Make it a rule that corned beef shall boil 5 hours. Any late pieces or top pieces not thoroughly cooked should be allowed to continue boiling during dinner, for corned beef recooked next day to make it tender is never worth much—looks washed out and is flavorless.

#### 796.

Of all the beef bought for hotel tables only a third of the original weight arrives at the point of readiness to place on the guest's plate; only a fourth of the original weight actually reaches the table; probably only half of that, or one eighth of the raw weight is actually eaten; so that for one hundred pounds of beef that really becomes sustenance to the hotel boarder eight hundred pounds of raw beef must be purchased.

One-third of the raw weight is bone; one-third more is fat, skin, gristle, suet, discolorations, blood stains, roughness and some scraps wasted in cutting; the remaining one-third is clear meat in steaks and trimmed roasts.

This one-third of clear meat loses at least a quarter of its weight in cooking, and if fat will lose a third, or even half. Of roast beef on the carving stand, after all these preceding losses, there is lost probably a fourth of the weight it has on leaving the fire. This weight is lost through bad carving, neglecting to clean the bones, gouging out choicer cuts for pet people and wasting much more, and through the flow of gravy and drying out by the heat, and finally by what is left over of the roasts not large enough or good enough to be used again. A pair of chickens that weigh  $4\frac{1}{2}$  pounds in market will yield only  $1\frac{1}{2}$  pounds of nett meat after cooking. A 14 pound turkey raw, with enough stuffing, pork, eggs, etc., to make up a total of 20 pounds original



weight will only turn out a 10 pound galantine after cooking.

If the beef costs only 8 cents per pound by the entire carcass, that which the hotel-keepers buy and the waiters carry in to the guests on the individual dishes will have cost in the neighborhood of 75 cents per pound, and what is actually eaten by the guest will have cost somebody about a dollar a pound, for some is left on the dishes entire and much more pulled about on the plates, culled over, hacked and left. It is true there is one offset to all this—however much more a hungry laboring man with only one dish might eat, the amount of any one kind of meat consumed by hotel boarders does not in an average way exceed two ounces for each person. But the proportion of waste is only the more enormous for that fact.

It would require a volume to discuss the matters just specified in all their bearings, but whosever business it may be it is not ours; we have enough to do with our cooking. It is among the purposes and expedients of high intelligent cookery to lessen some of the great wastes of the raw material and lead people away from clamoring for the very condensed essence of all that is dear and train their taste to the appreciation of made dishes that are more the products of skill than of cost, to the end that the price of living may be cheapened, and two persons may live well where one would starve at the present rate of reckless prodigality. It is accepted as a truth, while nobody understands, that French cookery is essentially economical, and yet those who think they try it never find it so, but quite the contrary. It is those who are supposed to practice it that are the wasters.

The art and science is as high and worthy as any other, but the supposed followers are degenerate and unworthy.

Good cookery—call it French or what you will—consists, for example, in taking the bones that constitute one-third of the weight of the beef as the hotel man buys it, and extracting all they will yield by boiling to make rich soups, and not only soups but stock to use in place of water to make a hundred common articles savory and nutritious, and in cooking the so-called rough pieces so well that they will be in greater demand than even the "choice cuts" of beef.

#### 797. Pressed Corned Beef.

There is some advantage in merely pressing the large pieces after boiling, as it makes them firmer to slice, and some never go any further. The streaked rolls may be laid side by side and pressed to square or oval form. But pressed corned beef is generally expected to be something different from that.

After boiling the beef 5 hours take it from the liquor, cut in pieces about as large as eggs and simmer it about 2 hours more, using for this second boiling some fresh soup stock or chicken broth, just enough to fairly cover it, and rich enough to be jelly when cold. Season with a little pepper.

Turn it out into the pan, tin pail or mould it is to be pressed in, the liquor with it, push a strainer down into it and take off the fat that rises in the strainer. Place a plate or lid and a weight on top and set in a cold place.

It is not best to drain pressed corned beef of the jelly completely. In making the finest and costliest *patés de caillies*, or of *foies gras* with truffles, trouble is taken when the baking is about finished to introduce aspic jelly through an aperture left in the top for the purpose and pressed beef need not be made dryer and harder because it is a cheaper article. Let the jelly be firm enough not to become soft on the table.

#### 798. Pressed Beef in Aspic Jelly.

1. Cut the handsomest streaked rolls of cooked corned beef in slices, lay them on large platters, pour over enough clear melted aspic jelly to cover. When cold and set cut out the slices of beef and jelly with a tin cutter, place on the dish they are to be served in and garnish with parsley, pickles and beets.

2. Cut the cooked corned beef into dice quite small, simmer for an hour or two more in broth or stock strong enough to become jelly when cold. Then dip the meat into bright gem pans of some ornamental shape, in which you have first strewn some leaves of parsley. Set away to get cold, without pressure. When set firm take these individual *pains de bœuf* from the moulds. Put at the bottom of each mould a slice of a pickle stamped in star shape and then return the cakes of beef to their places. Pour jelly in the thin space between the meat and the mould. Dish bottom side up and decorate.

"Cut and come again," it seems, has always been the motto of the English and Irish hunting squires when setting their boiled rounds of beef on the table—a free lunch for everybody.

#### 799. Cold Boiled Round of Beef.

Corn a whole round of beef in the corned beef brine, letting it remain from 10 to 14 days. Wash it, take out the bone from the center. Cut some strips of unsmoked fat bacon as thick as a little finger and lard the beef with them, making incisions with a carving knife and drawing in the strips with a looped string attached to a long skewer. For the



cavity in the middle whence the bone was taken roll up a thin slice of fat inclosing some chopped and seasoned beef. Roll the round up tightly in a cloth—such as a clean flour sack—and sew it. Boil about 7 hours.

Press it when done, without removing the cloth it is wrapped in, into good shape, either between two sections of a sugar trough, two chopping bowls, a dairymaid's pail or an old oaken bucket. When cold remove the cloth, trim and place on a large dish.

It is just necessary to mention that the larding with fat bacon is not essential, but is only an improvement for the tough side of the round, and to the general appearance; and that such beef rounds have been boiled in home-brewed ale.

### 800. Cold Spiced Round of Beef.

The same in general as the preceding but the meat first pickled in a spiced brine.

### 801. Pickle for Spiced Beef.

- 3 gallons of water.
- 3 ounces of saltpetre.
- 3 pounds of salt.
- 8 ounces of brown sugar.
- 4 ounces of bruised black pepper corns.
- 4 ounces of mixed spices—allspice, cloves and mace.
- 8 bay leaves.

Tie the spices, pepper and bay leaves loosely in a cotton cloth and throw them into the ten-gallon keg. Make the brine as directed for corned beef and pour it hot upon the spices.

The addition of half a head of garlic, or an ounce of coriander seeds, or one or two onions, or aromatic garden herbs can be made to the spiced pickle above at option. Hotel cooking is the cosmopolitan occupation and what may be offensive to one set of people often changes to the one thing most essential for another. The coriander seed addition is, however, generally acceptable.

Spiced sheep's tongues, calves' and pigs' feet and other cold meats can be pickled as well as beef in the spiced brine—a method much surer, safer and better for the usual haste of hotel work than dry salting or pickling, which requires daily attention, turning and rubbing—and doesn't get it?

### 801a. Cold Spiced Beef Rolls.

Lay the solid lean pieces of the round of beef open in steaks, and on top of them lay thin sheets of fat salt pork. Roll up, tie, and keep in the spiced pickle two weeks.

When to be cooked open the rolls, wash in cold water, spread over with parsley leaves plentifully, roll up again and tie. Place them in a saucepan and half fill with good soup stock. Cover to keep the steam in either with buttered paper and the lid or with a lid of flour-and-water paste and keep the rolls stewing about 5 hours. Cool in the same liquor; press like corned beef; slice cold.

By way of excuse for frequent quotations from Sir Edward Bulwer Lytton's first novel, *Pelham*, we will *laisser nos moutons* long enough to remark that the Lord Gulo-ton of that novel is none other than Brillat-Savarin, author of *Gastronomy and Gastronomers*, and almost the only writer of note on the subject, as the young and enthusiastic author imagined him after reading his book in the French. In his last novel, the *Parisians*, Lord Lytton returned to his early impressions and introduced a character named Savarin

“And thou most beautiful of all, thou evening star of *entremets*—thou that delightest in truffles and gloriest in the dark cloud of sauces—exquisite *foie-gras*!—Have I forgotten thee? What though the goose, of which thou art a part, has, indeed, been roasted by a slow fire, in order to increase thy divine proportions—yet has not our Almanach—the Almanach des Gourmands—truly declared that the goose rejoiced amid all her tortures—because of the glory that awaited her? O, exalted among birds—apotheosised goose, did not thy heart exult even when thy liver parched and swelled within thee, from that most agonizing death; and didst thou not, like the Indian at the stake, triumph in the very torments which alone could render thee illustrious?”

—*Pelham*.

That settles it. We don't want any preternaturally enlarged fat livers of geese if they have to be obtained in that way.

In the countries where truffles grow and these abnormal fat livers are produced the *patés* or raised pies are made with about three livers partly split like pouches, and truffles cut in pieces stuffed into the cavities. The crust is of hot-water paste raised in a mould. The inside of the raised crust is first lined with a forcemeat made of chicken meat, bread crumbs, fat pork and herb seasonings, pounded and forced through a sieve. The livers are laid in, truffles strewn in fragments over them, fat pork and forcemeat over that and a top crust over all. The pie is baked over two hours, enveloped in buttered paper. When nearly done it is withdrawn from the oven and some cognac brandy poured in. It is returned to the oven, and when done is filled up with aspic jelly mixed with madeira wine. The pie is elaborately ornamented with patterns in paste, and the dish with jelly.

Of the truffles used it is said: If a vendor with a basketful passes through the house in the morning a stranger coming in in the afternoon, hours afterwards, is instantly made aware of it by the perfume left behind.

"A huge Strasbourg *paté de foie-gras* in the shape of a bastion. \* \* A jar of truffled *foie-gras*. \* \* Soon the interior of each carriage discloses its treasures of pies, its marvels of *paté-de-foie-gras*, its dainties of all possible kinds. \* \* I have seen them 'display on the turf the turkey in clear jelly, the household pie, the salad all ready for mixing."

—*A Hunting Party.*—*Gastronomie.*

"I ask you to meet a *sauté de foie gras*, and a haunch of venison."

—*Pelham.*

## 802. Fat Liver Cheese in Jelly.

PAIN DE FOIES DE POULARDES.

1½ pounds of chicken livers.

1 pound of calf's liver.

The meat of one chicken, previously cooked.

1½ pounds of dry fat salt pork.

4 ounces of bread steeped and squeezed dry.

1 corned tongue cooked.

8 ounces of the brisket fat of corned beef.

2 cans of truffles, or, 1 pound fresh mushrooms.

6 raw yolks of eggs.

½ pint of madeira or sherry.

Spiced salt for seasoning.

Examine the livers for gall stains, which make them bitter. Steep them all night in cold water. Melt the fat pork in a large saucepan, add all the livers cut small and the chicken meat likewise. Cook a short time, only till the livers seem to be cooked through without letting them become hard. If you have no spiced salt add a bayleaf, pepper, thyme and a pinch of spices in the saucepan to cook with the livers. Pound to a paste. Mix the bread panada and raw yolks together and the wine with them, add this mixture to the liver paste and press it all through a sieve. Cut the brisket fat (already well cooked and cold) into dice shapes, also the red tongue and the truffles or mushrooms, and mix them in the paste.

Bake the mixture in a mould for about 2 hours, but before putting it in the mould cover the bottom with thin slices of fat pork and lay some more and one bayleaf over the top of the liver cake. Set the mould in a pan of water and bake it that way.

When done let it get quite cold in the mould. Dip in hot water to take it out. Remove all the fat, smooth it over with a hot knife. Cover with jelly or otherwise ornament as for galantines and pressed beef.

In place of the brisket fat above specified French cooks use calf's udder salted and boiled.

Fresh gathered large mushrooms, chocolate brown on the under side, yield a rich gravy and a higher flavor than the button mushrooms, and make a much better substitute for truffles.

## 802a.

### Chicken Liver Paste or Liver Cheese.

1½ pounds of poultry livers.

12 ounces of fat ham or salt pork.

4 ounces of lean cooked ham.

1 small cup of sherry.

1 bayleaf, pepper, little spice and salt.

12 ounces of bread panada (French rolls soaked in milk and then squeezed dry in a cloth.)

4 raw eggs.

8 hard-boiled yolks.

1 cooked corned tongue.

Some chopped mushrooms.

Aspic jelly to garnish with.

Steep the poultry livers—any kind—in cold water to whiten them. Set all the ingredients of the first part to simmer in a saucepan with the lid on at the back part of the range, and let remain till a convenient time, or two or three hours. Then mash to a paste. The livers, etc., should be nearly dry in the saucepan but not at all fried or browned.

Mix the raw eggs with the panada and these with the pounded liver. Press through a sieve. Cut up the red tongue, the hard-boiled yolks and mushrooms if you have them and mix these in the paste. Bake about an hour with thin slices of fat pork first laid in the bottom of the pan or mould, and also on top of the liver cake and a buttered paper over that, and the mould set in a shallow pan of water in the oven.

The paste as made above can be taken from the pan or mould, freed from fat and decorated like boned fowls.

For individual dishes form it in egg shapes in this way:

Chop some aspic jelly and have it ready. Make two tablespoons hot in a saucepan of water and scoop out spoonfuls of the liver paste, using the spoons alternately. While the egg shapes are still moist on the outside sprinkle them over with the jelly, or roll them in it.

"He who can afford every day a dinner sufficient for a hundred persons, is often satisfied by eating the thigh of a chicken."

—*Savarin.*

"I have always heard how cheap poultry is in Italy. I should think a fowl is worth about twelve sous at Rome."

—*Monte Christo.*

"Hence the necessity for the many devices of art to reanimate that ghost of an appetite by dishes which maintain it without injury and caress without stifling it."

—*Savarin.*



"We have a fixed price for all our provisions. It signifies nothing whether you eat much or little—whether you have ten dishes or one—it is always the same price."

—Monte Christo.

"Only ignorance can excuse those who serve up the quail otherwise than roasted or *en papillotes*, because its flavor is so easily lost that if the animal is plunged in any liquid it evaporates and disappears."

—Savarin.

## 802b. Galantines of Quails.

First prepare the *godiveau* or forcemeat to fill out the thin parts of the quails:

12 ounces of pork tenderloins.

12 ounces of cooked chicken meat.

20 ounces of fresh fat pork.

Pound them smooth, the chicken first, the tenderloin added and then the fat. Season with spiced salt and rub the paste through a sieve.

Then prepare these for filling, all cut in small dice:

1 cooked red corned tongue.

1 pound of chicken livers—parboiled.

12 ounces of cooked fat bacon.

12 ounces of cooked ham.

2, 3, or 4 cans of truffles—or, some mushrooms.

Salt, spices, madeira wine or sherry.

Bacon slices to wrap the birds in.

Some meat glaze.

Flour-and-water paste.

When you have cut the tongue, livers, bacon fat, ham and truffles in small dice season them either with spiced salt or with pepper and spices equivalent, and then stir in half a cup of wine.

Bone two dozen quails, wipe them dry and clean; pare some meat from the breasts and lay it over the thin places; spread over them a little of the forcemeat paste, over that a layer of the dice-cut mixture, and then fold up the quails to their original shape. Instead of sewing roll each bird in a thin slice of unsmoked bacon or dry salt pork. These are now to be cooked separately and this is best done in deep muffin pans or gem pans of granite-ware—either round or oval will do but they must be large enough to hold gravy above the quails, and in nests of ten or twelve fastened together, the usual way. Press the galantines into the pans, pour over a little melted fresh butter mixed with meat glaze (natural meat gravy simmered down thick), cover each one with a crust of flour-and-water paste, bake in a moderate oven about an hour, the gem pans or moulds set in a baking pan containing boiling water.—They must not brown nor fry.

When done take off the paste covers and let the quails cool a little, then press them by setting one

nest of pans or moulds on top of the other and weights on top of all. When quite cold take the galantines from the moulds, remove the covering of bacon, trim them and use in the ways of the larger galantines, either to slice in jelly, built in a pyramid and decorated, or to surround a larger galantine.

The greatest care is required in seasoning the above lest they come out too salt, the ham, tongue and bacon all being likely to contribute some. The butter used should be poured off clear, and fresh pork may be used for outside wrapping instead of salt, rather than risk anything.

Somewhere, I think, the Count of Monte Christo has a splendid cold supper set in a wonderful cave, and there is a large fowl, perhaps it was a turkey, surrounded by Corsican blackbirds. Likely enough the heads of the blackbirds were set on again after the tiny galantines were cooked and ornamented. But it is not likely that the cook made a separate lot of fillings for the birds when he had just stuffed the turkey with another kind. He might have had to do so had he been cooking for a houseful of boarders without appetites, to whom nothing tastes good, but he had to serve only transients, just arriving and mostly delighted with all they meet with at the hotel table. The cook in that case used for the large galantine the same kind of forcemeat as that in our boned turkeys and chickens some distance back, which is very good and not too artificially flavored, and he took some of the same and added truffles cut small to it for the galantines of birds. When boning quails for a supper where there is no bill of fare to turn attention to them it is best to leave the legs on—boned half way and stuffed—to show what they are.

## 802c. Boned Pig's Head in Jelly.

The head should be corned in the same kind of pickle as corned beef, but only lie in it 2 or 3 days.

Bone the head before salting. It should be the head of a butcher's porker, not a fat bacon hog. Saw it in halves and cut the meat close to the bone. It is handier to slice made up in two halves than one whole head. You want besides:

4 pounds of sausage meat from the butcher's.

2 corned red tongues, or 4 if pigs' tongues.

2 pounds of fat salt pork.

Take the two halves of the head from the brine, wash in cold water, trim off any discolored portions, take off the ears—they can be thrown in the boiler separate—then laying the head skin downwards slice off some of the meat from the thick parts and lay over the thin. Spread some sausage meat over; cut the tongues and fat pork in strips and lay them on the sausage crosswise of the head. Cover the strips with the rest of the sausage meat.

Roll up the two halves tightly, beginning with the snout, which is to be in the middle of the roll, and the rolls to be of even thickness from one end



to the other and evenly mixed, the lean with the fat, so as to slice all alike and no waste. Roll up in clean white pudding cloth, sew or tie securely. Boil from 4 to 6 hours in a boiler that will hold six gallons of water, and put in with the head some soup vegetables and sage, and pepper and salt.

When done press them in shape like any other galantine; there is no better shape than the long and narrow sinks of the steam chest. Some cheaper tins made like them should be kept on hand for such purposes.

The liquor in which the head has boiled 5 hours will be a strong jelly when cold, without the addition of gelatine.

The cloth wrapping for galantines and pig's heads that comes the nearest to absolute purity is a piece of well-worn white linen tablecloth such as the housekeeper generally can supply. The many bleachings it has had have freed it from the taste of new cloth. It should be washed in clear water and kept white and dry for such uses.

Take off the grease and clarify the jelly in the same way as directed for aspic, and then use it to coat the boned pigs' heads in their moulds by the same method as boned turkeys.

They are adapted either to be set on the table whole or sliced with the jelly surrounding for individual dishes—their chief merit being, they are always declared to be good eating.

### 802d. Head Cheese.

Make it the same in a general way as pressed corned beef, with a sage and pepper seasoning.

Split the heads, bone them, singe, scrape and thoroughly cleanse them and let lie in corned beef pickle about 2 days. Boil 3 or 4 hours. Then cut up the meat, strain the liquor through a fine gravy strainer, put cut meat and liquor back in the boiler and simmer 2 hours more with the seasonings added, cool and press in moulds or bright milk pans. 2 teaspoonfuls of pepper, 2 of ground sage and 2 of salt is the average seasoning needed for one head that is partly salted before cooking.

It is useless trying to make fat bacon heads "go" in these forms. Either take off all the fat for lard or else mix in a proportion of lean corned beef.

"Oh why did I at Brazennose

Root up the roots of knowledge?

A butcher that can't read will kill

A pig that's been to college."

—*Lament of Toby, the Learned Pig.*

"I wonder it did not create a rebellion," said Sallust. "It very nearly did," returned Pansa, with his mouth full of wild boar."

—*Last Days of Pompeii.*

"The next trifle was a wild boar, which smelled divine. Why, then, did Margaret start away from it with two shrieks of dismay, and pinch so good a friend as Gerard? Because the duke's cuisinier had been too clever, had made this excellent dish too captivating to the sight as well as taste. He had restored to the animal, by elaborate mimicry with burnt sugar and other edible colors, the hair and bristles he had robbed him of by fire and water. To make him still more enticing, the huge tusks were carefully preserved in the brute's jaw, and gave to his mouth the winning smile that comes of tusk in man or beast: and two eyes of colored sugar glowed in his head. St. Argut! what eyes! so bright, so bloodshot, so threatening—they followed a man and every movement of his knife and spoon."

—*The Cloister and the Hearth.*

We have only to remark of the above ferocious monster that the tusks he showed were not his own, but were imitations made of tallow hardened with alum; his mouth was made dreadful by being spread all over the inside with red butter colored either with beet juice or with lobster coral; his savage grin was produced by propping up his lips, where the tusks protrude, while the head was warm after cooking, and letting it become very cold before taking the chips away, and his eyes were very likely of glass marbles, or the proper made glass eyes used by taxidermists; as for the bristles, the skin was first brushed over several times with meat glaze and when that was quite dry the confectioner came with some melted sugar taffy and a brush made of iron wires and made sugar hairs stand up all over it and then barbered them to the right height. All the brains the boar had in his head was some minced meat of a calf.

### 802e. Pig's Head Galantine.

Take the head of a large butcher's porker cut off with a good part of the neck attached. Singe off any remaining hairs and trim it clean. Commence at the throat and bone it carefully, then put it in pickle for 3 or 4 days. Stuff it with sausage meat (or, any forcemeat used for boned turkeys will do) and strips of red tongue and fat bacon, and season with aromatic spiced salt.

Form it in its natural shape, sew the cuts with cotton twine, roll up tightly in a cloth and boil 5 or 6 hours in stock seasoned well with soup vegetables, salt, pepper and sage, and, if so required, with a bottle of white wine. But with the wine stock use thyme instead of sage. When done let it cool in the liquor till it can be handled with ease, then take off the cloth and bind the head again with bands of cloth, drawing it into the shape it is to have when cold.

Set the ears up, and if curled by boiling flatten them with split pieces of wood. When quite cold



unwind the bandage, draw out the sewing twine, trim the head and glaze it in the ways directed for roast hams.

"I had hoped," said Glaucus, in a melancholy tone, 'to have procured you some oysters from Britain; but the winds that were so cruel to Cæsar have forbid us the oysters. \* \* \* They want the richness of the Brundisium oyster, but at Rome no supper is complete without them.'"

—*Last Days of Pompeii.*

"And glittering blocks of colored ice."

—*Aldrich.*

"Ices and gentle drinks such as the fancy of America could alone devise."

### 802f.

—*Lothair.*

In the entire list of foreign royal menus, some four score in number, previously inscribed in these columns, only one has *huitres aux citrons*, or raw oysters at all, and this is at the ducal palace of Hesse Darmstadt, in 1868, and the oysters preceded the meal.

However, the fashion cannot be very new, for they tell us the emperor Heliogabalus used to eat 400 Brundisium Blue Points every morning, to give himself an appetite for his breakfast.

According to a writer in *Leslie's Monthly*, speaking for New York, the rule which declares oysters good only in the months spelled with 'r' is but little regarded now, and the trade is becoming curiously systematized so that there is a different crop of oysters for different seasons and different purposes. The Prince's Bay's rule almost exclusively in the summer months, succeeded by Sounds and Mill Ponds. The winter months bring the Rockaways and East Rivers, and the Blue Points, most esteemed, predominate through the spring. There are long Saddle Rocks for roasts and broils; East Rivers and Virginias for stews, while for a raw dish the round, fat, large Blue Points and Shrewsburies are preferred.

The effort at luxury now is to serve raw oysters in hollowed blocks of ice, and they might as well be in clear colored ices, sea green and ocean blue, frozen in form with shells and pebbles—much easier to freeze than sweet ices and *mousses glacées*.

"What will your worship please to take for supper?" inquired the host. 'I have a cold capon, and a cold ham, and a famous cold pasty; and I can fry you some noble crimson trout from the Darent, or silver eels, as you may like best, and I can add a dish of rare crayfish from the Cray.'

'Give me the trout and the capon,' replied Chaucer. 'And, hark ye, while you are preparing supper, bring me a flask of red Gascoigne wine and a manchet.'"

—*James' Merry England.*

### 802g.

### Cold Ham.

It may be just necessary to mention that hams to be roasted or baked are on rare occasions steeped in wine with spices and herbs, and are entirely covered with a flour-and-water paste and so baked. They are also after steeping (marinading) braised in covered iron saucepans, with seasoned soup stock and wine, and finished by baking brown.

Put the ham in water slightly warm and let it soak all night. Wash and set it on in cold water and boil 3 to 4 hours. Take it up, remove the skin and bake it in a moderate oven half an hour. Then withdraw it, cover with all the cracker meal that can be made to stick with pressure, and bake a few minutes longer to brown the breading. Cracker meal is pounded and sifted crackers. Dried bread crumbs do as well, or raspings of bread.

### 802h. To Glaze a Ham.

Meat glaze may be defined as beef tea boiled down till it is as thick as syrup, and like gum when quite cold. It may be obtained in quantity by boiling down rich stock or stewed meat liquor.

To glaze a ham, after baking it brown give it two or three coats with a brush dipped in glaze, drying it in a warm place after each application.

Another way, useful when there is no glaze ready, is, after baking the ham brown, cover it with all the granulated sugar that can be made to stick to it with pressure of the hands. The ham should, however, be first freed as much as possible from grease by means of a dry cloth. Put the sugar-coated ham back in the oven and watch it till the sugar has become caramel brown all over alike.

### 802i.

### Sandwiches.

1. Two thin slices of buttered bread and a slice of cold roast turkey, peppered and salted, laid between. Cut the slices in square form, then across to make triangular sandwiches. Pile on a folded napkin.

2. Melt a cupful of butter in a saucepan. Mince an equal quantity of cold boiled ham and add it to the butter. Put in for seasoning a tablespoonful of made mustard, pepper and a chopped pickle. Spread one slice of bread with this mixture, another with plain butter and lay a very thin slice of cold roast veal between.

3. Spread slices of cold ham with a little mustard and lay between two slices of buttered bread.

French rolls made flat for the purpose and shortened with butter, also well made flaky biscuits are preferable to sliced bread for sandwiches for ball suppers and outdoor parties, as they do not become dry so quickly.

Sandwiches and sandwich rolls are also spread with liver paste and thin shaved chicken or tongue, and with anchovies and caviare.

## 802j.

### Ornamental Stands for Cold Dishes.

Such articles as white galantines, jardiniere salad and whole fishes covered with mayonnaise have to be raised on tall stands, or they make no show at all on a set table, and an ornamental set-off is as valuable to a homely-looking dish as to some other homely things. A common glass cake stand can be so coated with white wax, or paraffin, and so covered with white wax flowers of a sort easily made, and artificial leaves, that it can never be recognized for what it is, and a white galantine seems very much at home on that sort of stand. But the better expedient is to get a carpenter to make some stands of wood, something like glass cake stands, that is, consisting of a stem set in a broad case, but of oval shapes, the top being a tray with a hoop-like rim to receive and hold the large meat platter.

These cabinet-work stands being neatly made of white wood and smooth, are next to be coated over with paraffin melted and applied with a brush, then smoothed by holding before the fire.

There are moulds to be had, imported from Paris, made of type metal and close fitting in which may be cast classical figures in white wax, sea-horses dragons and the like to be set around the base of your stands, and heads and faces and birds for the ends of the platters.

The making of the multitudinous roses is a very

simple matter, and though they are not very life-like they answer the temporary purpose quite well. You take half a dozen carrots of different sizes and cut the ends as near as may be in the resemblance of flowers, dip them in melted paraffin or wax and then immediately into cold water. The thin waxen mask of a flower shape can then be pulled off and another made. These are of course easily set in clusters on the stands by means of melted wax, and white leaves such as cakes are ornamented with complete the garlands. But all sorts of mouldings, cornices and borders can be made on the same plan. Instead of wax these stands can be covered with cake icing, white or colored, and with ornaments of gum paste.

One thing more: There is a little patching to be done in our trade as well as others. It is difficult to boil a fish so entire that it can be covered smoothly with a jelly and show no yawning chasms, and to have a boar's head without an ugly twist in the corner of his mouth. To smooth over the breaks in the fish, or to stuff it in natural form make a paste of whitefish pounded with half as much bread, a little butter, and yolks of eggs, and bake the fish a little while, covered with buttered paper. For the other case forcemeat will answer, glazed over.

"Ah! what delicacy hast thou in store for us now, my Glaucus?" cried the young Sallust, with sparkling eyes.

"I know its face, by Pollux!" cried Pansa, 'tis  
\* \* \*

—*The Last Days of Pompeii.*

## 802k. Raised Pies.

They are of two or more kinds, either raised by pressing a common paste into the shape of a dish, with the fingers, or made more ornamental with a richer paste in a tin mould.

For the latter make the ordinary short paste the same as for covered pies or shortcake, of a pound of lard to two pounds of flour and a little salt, mixed up slightly warm. Knead it compact and smooth.

Put a buttered sheet of paper on a baking pan, butter the mould inside and set it on the paper; put in a bottom crust half an inch thick and then line the sides, wetting the lower edge and pressing it to join the bottom piece.

The pie may be filled with anything in the meat line that is good to eat cold; there may be a boned chicken prepared exactly as directed for galantine, and some boned quails placed around it, and have truffles and mushrooms for seasonings and thin slices of fat unsmoked bacon on top.

But to make it as fine as possible, the inside of the crust should be spread over with liver paste made as at No. 802, or preferably perhaps, with fine

sausage meat, before the fowls are put in.

Then put on the top crust, pinch the edges, trim neatly, roll the scraps of paste thin and stamp out leaf shapes enough to cover the top. Leave a hole in the middle. Bruise over with egg and water, tie greased paper outside the same as in baking a fruit cake; bake the pie in a slack oven three or four hours. Open the mould and take it off when the pie is nearly cold, and as no liquor is baked in the pie, some gravy made by boiling the bones of the fowl down rich enough to be jelly when cold, must be poured in the cavity left in the lid.

The renowned Perigord pie has the inside lined with slices of truffles set in liver paste seasoned with aromatic salt, and the filling is of fat goose livers and truffles, bacon on top and aspic jelly mixed with Madeira wine poured in while the pie is cooling.

## 802l. Hot Water Paste for Raised Pies.

1 cupful of lard.

10 cupfuls of flour.

1½ cupfuls of flour.

2 teaspoonfuls of salt.

Make the water and lard hot, but not boiling, pour



into the middle of the flour and stir up gradually. Work it stiff and smooth.

Raised pies of all sizes made of the above kind of paste formed by hand, and covered with a top crust more or less ornamented by snipping with a pair of shears, are quite an English institution; small pork pies, eel pies and others being the sole article of trade at some lunch houses; whilst the larger and more elaborate forms are among the Christmas dishes of world-wide fame.

### 802 m. Chicken or Turkey Sausage.

Take the skin off a large fowl by first cutting down the back and cutting around the joints to the skin as nearly whole as possible.

Cut all the meat of the fowl from the carcass without bone or gristle, chop it raw, like sausage meat, and then pound it with a masher in the chopping bowl. Weigh it, and take half as much fat bacon, chop and pound it likewise. Mix the two pastes together, season like sausage-meat with pepper, sage and salt. Roll up in the skin of the fowl and then in a napkin, and boil the sausage in seasoned broth, with the bones of the fowl in it, for an hour. When done put it on a dish to cool in the napkin it was boiled in, and another dish or other weight on top to give it an even shape. Slice cold and ornament with jelly and parsley.

### 802 n. Truffled Chicken.

1 fat pullet, and the breasts of 2 more.

1 large can of truffles.

$\frac{1}{2}$  pound of fat salt pork.

Seasonings.

Bone the fowl according to directions at No. 779, and cut off the fillets or white meat of the other two and lay them all side by side on the table. Cut the fat pork in thin strips, score gashes in thick parts of the chicken and lay the strips in, cut the truffles and dispose the pieces evenly where they will show the black spots in the white meat when the chicken is sliced. Dredge well with salt and white pepper and a little nutmeg and powdered thyme. Then lay the chicken breasts in the thin places of the fowl, bring the two sides together and sew up the fowl into nearly its original shape. Do it up in a cloth, tie and pin it, and boil it two hours in salted broth. Press it while cooling. Take off the cloth when cold, draw out the thread it is sewed with. Serve the fowl either incased in aspic jelly, or coated with melted butter, or slice it and display the slices in a dish.

### 802 o. Sandwiches of Potted Quail.

Make rolls, either split or rounded, but flat, and

place inside a half of a potted quail, prepared according to the following receipt.

### 802 p. Potted Quail.

1 dozen quail.

1 pound of veal.

1 pound of fat bacon.

Seasonings and paste.

Bone the birds as directed for boning fowls; a penknife may be used, and no great care is required, except to get all the meat and not tear the sides to tatters. Cut each in two. Chop the veal and bacon together into sausage meat, and season with a teaspoonful of mixed mace, cloves and white pepper, and the same of salt, and a teaspoonful of finely minced lemon rind.

Select a jar or two small ones that the quail may be kept in after cooking, spread a thin layer of the veal and bacon forcemeat on the bottom, lay the halves of quail in order on that, spread them with a little of the forcemeat and so on till all are in, having forcemeat for the top. Cover with a thin slice or two of bacon, then with a crust of flour and water paste and bake by setting the jar in a pan of water in the oven, for three hours.

When done take off the crust and drain away the fat and gravy and press by placing a small plate inside on the meat and a weight on that. When cold cover with clarified butter and cover tightly to exclude the air.

In case bacon is not liked in such pottings as the two preceding, fresh butter sufficient to cover and bake the meat or birds in can be used instead.

### 802 q. Potted Rabbit.

Potted meats will keep for months if required, and can be drawn upon as the occasion requires.

2 small rabbits or 1 large one.

1 pound of fat bacon. 1 pound of veal.

The liver of the rabbits.

Salt, pepper and spices.

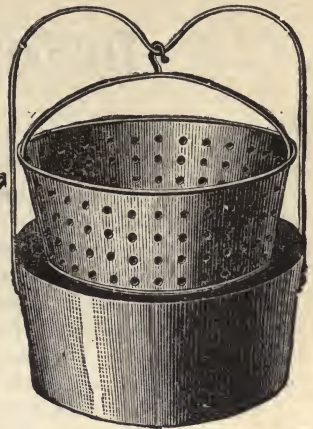
Cut the rabbit in pieces and put it in a stone jar; cut the veal and bacon in large dice, mix them and add a teaspoonful of mixed mace, cloves and black pepper, and a teaspoonful of salt, and fill the spaces between the pieces of rabbit. Lay a thin slice or two of bacon on top and 1 bay leaf, then cover with a lid of plain paste made of flour and water only, set the jar in a pan or pot containing water and bake in a slow oven 3 or 4 hours. There is no water needed in the meat. A greased paper on top will keep the paste from burning.

When done, set the jar away to become cold, pick the meat from the pieces of rabbit and pound them to a paste along with the veal, and bacon and fat, and if any gravy at the bottom, boil down almost dry and mix it in. Taste for seasoning. Press solid into small jars or cups, and cover the top with the clear part of melted butter. Keep tightly covered in a cool place.

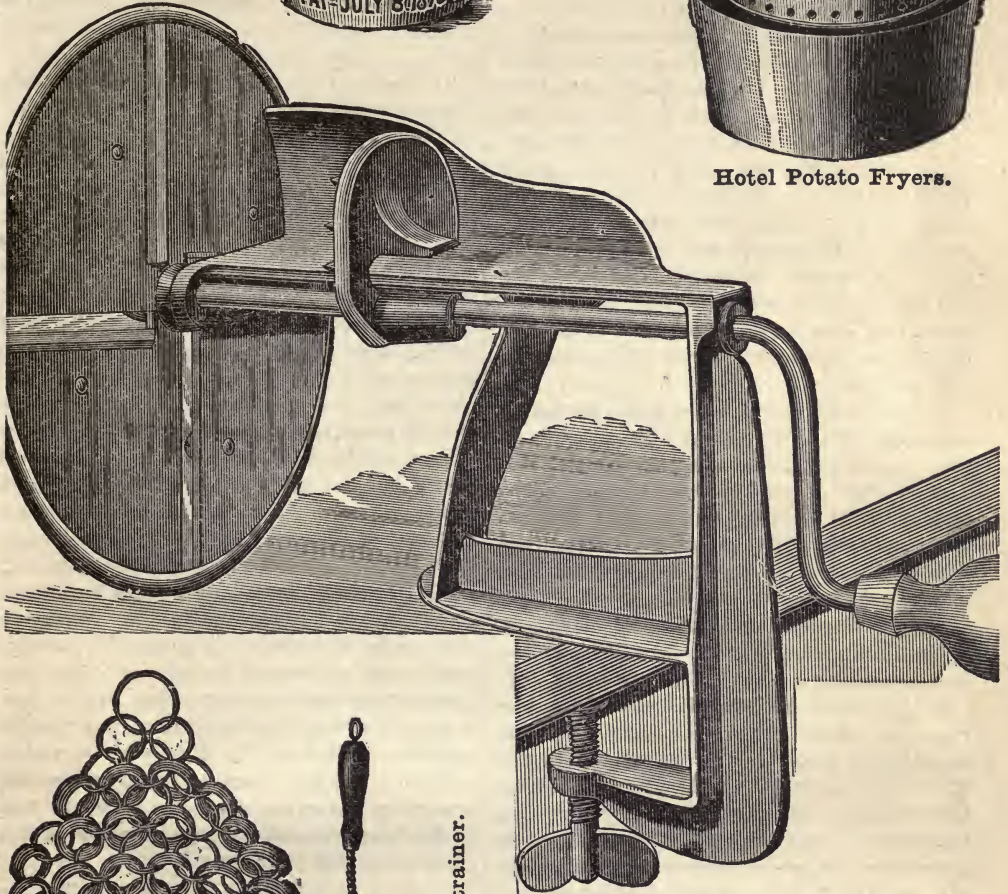




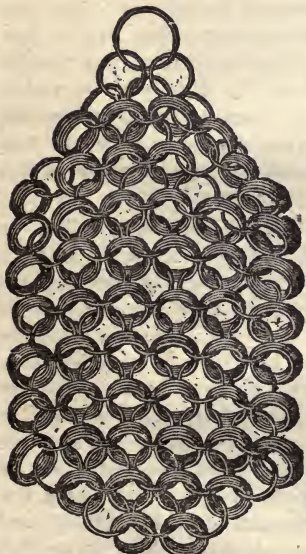
Wire Frying Basket.



Hotel Potato Fryers.



Lightning Saratoga Potato Slicer.



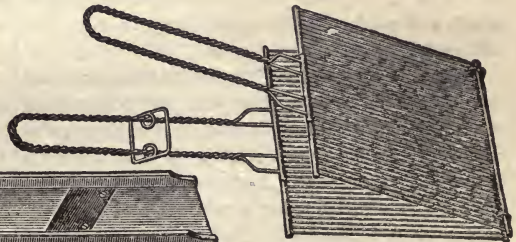
Chain Pot Scraper.



Tea Strainer.



For Potatoes and Chipped Beef.



Wire Oyster Broiler



# LONDON FINE BAKERY RECIPES.

## FONDANT ICING OR CREAM FONDANT.

Says Mr. H. G. Harris in the British and Foreign Confectioner, Baker and Restaurateur (London): "Why do pastry cooks all over the country (he might have written 'all over two countries') persist in using icing sugar beaten up with whites of eggs or gelatine for making pastry and small fancy cakes? The dull, dead, opaque, and mostly rough surface obtained is always offensive to me, and, I think, must be so to any one accustomed to use fondant. The beautiful, bright, glistening, and semi-transparent fondant is still without a rival, and is withal so cheap, that I really do not understand why every confectioner in the country does not use it?"

As far as concerns the great body of our hotel pastry cooks, one very sufficient reason for their not adopting the better plan is set forth in the next paragraph:

"The utensils needed are a stove for boiling sugar—gas will do if you have a good volume of jets; a good-sized copper stewpan; a marble slab; a set of polished 1-inch iron bars for making the sides of 'well' or 'bay' on the slab. A spatule like a small iron peelhead on the handle of a carpet-stretcher; and a flat steel scraper, like those used by painters. Also a small earthen pan with a cover, to keep the fondant in when made, and, say half a dozen small white metal French stewpans for melting the fondant for use as needed."

To the above list should be added a saccharometer—a small glass instrument (which costs about \$2.50), graded to show the different degrees of boiling sugar. It is a fact, more or less unfortunate, that but a very small proportion of hotels are so well furnished in their working departments as to possess these candy-making utensils, and the twenty thousand houses that are without such conveniences and yet employ pastry cooks at very fair pay, will still perpetuate the ready and easy methods which require no fresh outlay for special tools.

Every reader knows what *fondant* (pronounced *fondong*) is, but not by that name, who has ever eaten the assorted fancy candies of the shops, and will now understand its usefulness and value: it is the white, soft candy that forms the inside of chocolate drops, and that is used in making walnut creams, fig creams and all those "bon-bons" which have a strip of candied fruit or nuts pressed into a cream candy base. It is fondant icing to

spread over cakes when it is melted over the fire, and, perhaps, slightly diluted with syrup. As icing it cannot be used for piping, but is only for a glossy covering for cakes. The most concise and lucid directions for making it are the following:

## CREAM FONDANT—NO. 1.

"I presume from your question that the cream you speak of is what we call fondant, which article is the basis of all cream bonbons. This fondant is also used for covering or icing cakes and a great variety of what is called dipped goods. Fondant is made by boiling simple syrup to the forty-fifth degree by the saccharometer; then pouring it on a very clean marble slab between iron bars, and when it has become nearly cold, so that you can place the back of your hand upon it without its adhering to it; it must be worked to and fro with a long-handled spatula until it granulates into a smooth mass, it must then with a knife be loosened from the marble and worked or broken with the hands into a softish mass, and placed into an earthenware pan and covered. When you want to use it for icing purposes place the required quantity in a round-bottomed pan, place it upon a slow fire, and stir constantly with a small wooden spatula until it is thoroughly melted, and there are no lumps in it. Do not on any account allow it to boil, even a little, as that would entirely destroy its creamy texture and change it into hard conserve; when melted pour it over the article to be covered and use a pallet knife to smooth it and facilitate your operation, which must be done quickly, as in a few moments it will begin to set and dry. The cake can then be decorated with ordinary egg-icing, or in any other way to suit your fancy."

## CREAM FONDANT—NO. 2.

Take say 14 lbs. of good loaf sugar, put in a stewpan with 1½ lb. liquid glucose, and 2 quarts water; allow it to stand some time to dissolve the sugar; the less water you can dissolve the sugar in, the less time will it need boiling, and consequently the better color your fondant will be, but all the crystals must be dissolved before the syrup comes to the boil, or you are sure to have trouble arising from recrystallization or graining; whilst your syrup is boiling add a few drops only of acetic acid, boil to the soft ball, and then quickly pour on to a very clean marble slab previously well sprinkled with water, and with

iron or steel bars placed so as to form a square or oblong space for the sugar. Sprinkle also a little cold water on the surface of the sugar; it will keep it from forming a hard surface and make it easier to work after; when nearly cold lift up the iron bars, and with a scrape clean them, and also scrape the sugar all into the middle of the slab; then with a flat iron or wooded spatte work it from the sides to the middle; that is, with a pushing motion collect the sugar from the outside of the mass and quickly and continually turn it over on to the centre by a backward motion.

This will take some little time, but by and by the sugar will begin to look white, and will continue to do so, only more so, until after a little it will become quite opaque and hard; then carefully scrape it off the spatte and slab; put away ready to use as may be required.

#### CREAM FONDANT—NO. 3.

(BY MR. E. G. HARRIS.)

It will be best to try a small quantity first, until you get experience; so we will start with, say, seven pounds broken loaf sugar (Say's loaf is best, but Tate's crushed is good, but must be sifted to remove all fine). Put the seven pounds sugar into the stewpan with one pound liquid glucose and about a pint and a half of water. Put the lid on and stand the stewpan on one side for an hour, by which time the sugar will be nearly dissolved. Now put on to the stove and bring up to the boil. Be careful that no lumps remain undissolved when the boiling point is reached. Keep the sides of the stewpan washed down by dipping the fingers of the right hand into cold water, and then with your fingers clearing off any sugar that may adhere to the stewpan. After well washing the sides down, and skimming off any dirt or scum that may rise to the surface, it is best to keep the cover on the stewpan for some little time, then the steam will be sure to keep the sides clean; so place the cover that the bulk of the steam may escape, or it will condense and fall back into the sugar. Boil quickly as you can until the sugar reaches the ball. To try this, dip your fingers into a basin of cold water, then into the boiling sugar and back into the cold water, carrying some sugar on your fingers; and when you can roll up the soft and sticky mass on your fingers into the form of a ball or marble that will just, but only just, retain its shape, it is ready for your purpose. It is not needed to be boiled quite so high as the ball for fondant making, but I bring it back, slightly, later on, as I will show you.

Before the sugar is quite finished boiling, have your slab well washed and dried, and ready to use; and when the sugar is nearly boiled enough, rub a little cold water all over the slab and arrange the bars to form either a square or an oblong, so

that the sugar, when poured on, shall be about half an inch thick. Now pour quickly on the slab, and sprinkle all at once over the surface a little cold water, until the heat of the sugar causes the water to vaporise, and steam arises. This will produce a wet surface all over the sugar, and prevent a thick skin forming, and also reduce the tendency to graining. My reason for boiling up to the ball was to enable me to put this little water on the boiled sugar, and thus bring it back to the pitch to which I wanted it.

Do not scrape out the stewpan, because the sugar so scraped out will be slightly grained, and will cause the clear sugar on the slab to grain more or less if added to it. Therefore put a little water into the stewpan and place back on the stove, cover down with lid, and the result after a little boiling: will be a clean stewpan and some clear surup which will be useful in many ways; reducing the fondant to the proper thickness, etc., when being used.

Do not touch the sugar on the slab until it is nearly cold, say about forty-five minutes after you put it there, but that must depend on temperature of the place, etc. (If the sugar is too cold, you will have great difficulty in beating it up, and if too hot, the graining will take place too quickly, and the crystals be much too large. The re-crystallization should be so fine that grittiness or graining is not perceptible, but the mass should be beautifully white and creamy.)

Now take away the iron bars and scrape them free from sugar; take the large spatte in hand and scrape the mass into the middle of the slab, and proceed to work it well by ever bringing the sides into the middle, with a long sweep at the side, collecting the sugar on the spatte, and then bring back the spatte over the top of the centre, reversing the spatte as you do so, and leaving the sugar so collected on the top each time. In a short time the sugar will begin to look milky, and, later on, creamy. And now, if you please, boss, put in all the work you are able for about ten minutes, and then you will see before you a mass of bright, white, creamy, rocky looking sugar, and if you break off a piece you will find it quite soft and short, and in your mouth, will melt quite readily and taste creamy. Scrape the slab quite clean, bringing all the small pieces together, and press them into the main lump. Put altogether into the earthenware pan, and cover down closely; it will then come back a little, and become a little softer.

#### GENOISE CAKE.

$\frac{3}{4}$  pound of sugar.

$\frac{3}{4}$  pound of butter.

13 eggs.



- 1¼ pound of flour.  
 Small half-cup of milk.  
 2 teaspoons of baking powder.  
 Flavor with almond or vanilla.

Cream the butter and sugar together same as for pound cake, add the eggs 2 at a time and beat in, then the milk and the flour with powder in it.

This cake is used in all sorts of ways, either in moulds, or cut in squares, or spread in sheets, it is tougher but lighter than pound cake, and is cheaper in proportion to size of cakes.

#### MADEIRA CAKE.

- 1½ pound of fine granulated sugar.  
 1 pound of butter.  
 16 eggs.  
 1¾ pound of flour.  
 Flavor with lemon.

Mix same as pound cake, by stirring the butter and sugar together till white and creamy and then beating the eggs in, 2 at a time, and the flour last.

Bake in muffin pans or patty pans with strips of citron on the top of each cake. A slight dredging of sugar on top of each cake before baking makes them glaze and look richer.

#### MADEIRA CAKE—RICHER.

- 1 pound of sugar.  
 1 pound of butter.  
 12 eggs.  
 1 pound 2 ounces of flour.  
 Lemon flavor.  
 Citron strips to bake on top.  
 Mix up same as pound cake and the Madeira cake of the previous recipe.

#### VICTORIA CAKE.

- 1 pound of fine granulated sugar.  
 16 eggs.  
 ½ pound of butter.  
 ¾ pound of flour.

Separate the whites from the yolks, beat the whites quite firm, add the sugar in portions and continue beating, making it the same as kiss meringue mixture; stir up the yolks, then mix them in, then the flour, and melt the butter and stir it in last. Bake in shallow moulds, like sponge cake, and in sheets to be cut in diamonds and iced over.

#### JELLY SLICES.

Bake a sheet of Genoise cake, or any mixture you are used to that will bake level and not rise, rounded over in the middle, and have it less than an inch thick when done. Turn it out of the pan,

bottom side up, cut in long strips, split them and spread with red fruit jelly or jam same as jelly cake. Stir up a pearl glaze (No. 2) and spread over the top of the strips of cake. This glaze or icing can be made with water as well as with white of eggs, just enough to wet the powdered sugar so that it can be spread smoothly, and can be made pink by using fruit juice instead of water. When these large strips or jelly cake have been iced over with it, cut them with a knife dipped in hot water, into long and narrow pieces and set them a little distance apart on pans for the icing to dry.

#### MERINGUE MARSES.

Make jelly slices like the last, but instead of plain sugar icing pile a thick covering of stiff meringue on top of the large strips, then with a knife dipped in hot water cut down through the meringue and cake and bring the knife straight up again, so as to divide the cake in narrow strips without displacing the meringue much. Smooth the sides and top of each piece, then bake in a slack oven to a light fawn color. The sheets of cake for this form need not be split, but jelly spread on the top and meringue on the jelly. The name "marse" is probably foreign.

#### HINTS ABOUT MERINGUE PASTE.

The whites of duck's eggs make the firmest meringue. An ounce of sugar to an ounce of white of eggs is the rule. The whites should be beaten up quite firm at first—so that it will not slide about in the bowl and will stay in firm pieces wherever it is placed—and after that the sugar should be added in three or four portions and all beaten again. Too much heat in the oven will cause the meringue to shrivel and fall.

#### MERINGUE SURPRISES.

They are shallow pastry tarts containing half a peach or apricot and built up high with meringue, then, instead of being baked, are coated with hot fondant. The surprise consists in finding a fruit tart inside of what appears to be but a kiss meringue. Bake tarts in shallow patty pans. Cover with meringue by means of a bag and tube, laying the meringue around the edge first and then another ring and another cone-shape until it ends in a tall point at the top. Run hot fondant all over it by means of a funnel with a handle, made for the purpose. When cold and dry remove the "surprises" with a knife from the marble slab on which the coating has been done, and the surplus drippings of sugar can be scraped up and saved.

## MERINGUE PEACHES.

The same in the main as the preceding "surprises," but instead of a cone, press out the meringue from a kiss tube to imitate the shape of a peach—of which the hidden tart is the foundation—color pink on one side with a brush dipped in carmine, then gloss over with hot fondant, having a slight green tint imparted by the addition of green vegetable coloring while melting. These are not mere fancy notions, but are said to be among the best selling staple sweets of the London confectioners.

## JELLY ROLL MIXTURE.

1 pound of sugar.  
14 eggs—or 1 or 2 less, if large.  
1 pound of flour.  
 $\frac{1}{2}$  cup lukewarm water.  
 $\frac{1}{2}$  teaspoonful of soda—small.  
Lemon or vanilla flavor.

Beat eggs and sugar together until light and thick and increased to three times the original bulk, gradually add the water while beating, with the soda dissolved in it. Stir in the flour just long enough to put it well out of sight, as usual for sponge cake.

Bake on manilla paper slightly buttered, and to get the roll of uniform thickness run the batter out of a lady-finger tube in lines on the paper almost touching, that they may run together and make an even sheet of cake.

## SWISS ROLL.

Having made the jelly-roll sheet as above, spread it with fruit jelly or jam, roll up, then brush over with sweetened water well flavored with lemon and roll it over in plenty of powdered sugar spread on a sheet of paper, then set it where the sugar coating will dry.

## VENICE ROLL.

Roll up a sheet of cake spread with jelly or jam and ice it over with pink glaze or water icing (No. 2), made by wetting the icing sugar with

red currant or cherry juice, or wine and coloring. Ornament the top and sides with a pattern in white egg-icing.

## PARIS ROLL.

When the jelly roll is made, spread red currant jelly thinly all over the outside, then roll it in grated or desiccated cocoanut, enough to coat it over. Some powdered sugar should be mixed with the cocoanut and then, if the roll be allowed to dry off, it will not be so liable to be sticky as the jelly and cocoanut alone will make it.

## CHOCOLATE ROLL.

Make a jelly roll and cover the outside with chocolate icing (recipes for making different sorts may be found in the index), and then pipe on a wreath pattern in white egg-icing.

## JELLY ROLL COTELETTES.

Make a jelly roll and with the rolling-pin roll down one side rather flat so that the slices, when cut, will have the shape of the meat part of a nicely trimmed mutton chop; the cake represents the fat and the jelly the streaks of lean. To make the imitation better, ice the chops over with transparent glaze or water icing. When dry, build them in cake basket or dish in pyramid form.

## DECORATED JELLY ROLLS.

Jelly rolls to serve whole on a set table may be covered with water icing or pearl glaze not beaten (No. 2), either white or pink, and then ornamented with white egg-icing in wreath or vine and leaf patterns down the whole length; or lines, or bands may be run down, and between the lines of icing run lines of currant jelly; or, place sugar flowers, crystallized fruits or small ornamental candies. Another way is to moisten the outside with water icing thinly spread with a knife and then roll in pink sugar-sand or granite sugar, which is of a larger grain.

**CAKES.**—The following table gives the ingredients necessary for rich pound, Twelfth, or bride cakes of various prices; it is used by a very old established house in London:

| INGREDIENTS.                       | 2.50              | 3.00            | 3.75              | 4.50           | 5.25              | 7.75              | 10.50             |
|------------------------------------|-------------------|-----------------|-------------------|----------------|-------------------|-------------------|-------------------|
|                                    | 10 6              | 12 -            | 15 -              | 18 -           | 21 -              | 31 -              | 42 -              |
| Butter.....                        | lb. oz.<br>0 11   | lb. oz.<br>0 13 | lb. oz.<br>1 1    | lb. oz.<br>1 4 | lb. oz.<br>1 6    | lb. oz.<br>2 1    | lb. oz.<br>2 12   |
| Sugar.....                         | 0 7               | 0 8             | 0 10              | 0 12           | 1 0               | 1 6               | 1 12              |
| Currants.....                      | 1 4               | 1 6             | 1 10              | 2 0            | 2 8               | 3 12              | 5 0               |
| Orange, Lemon, Citron (mixed)..... | 0 6               | 0 7             | 0 8               | 0 10           | 0 12              | 1 2               | 1 8               |
| Almonds.....                       | 0 1 $\frac{1}{2}$ | 0 2             | 0 2               | 0 3            | 0 3               | 0 4               | 0 6               |
| Mixed spice.....                   | 0 0 $\frac{1}{2}$ | .....           | 0 0 $\frac{1}{2}$ | .....          | 0 1               | 0 1 $\frac{1}{2}$ | 0 2               |
| Flour.....                         | 0 11              | 0 13            | 1 1               | 1 4            | 1 6               | 2 1               | 2 12              |
| Eggs (number).....                 | 6                 | 7               | 9                 | 10             | 12                | 18                | 24                |
| Brandy, or Brandy and Wine.....    | wine glass        |                 | full              | .....          | $\frac{1}{4}$ pt. |                   | $\frac{1}{2}$ pt. |



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